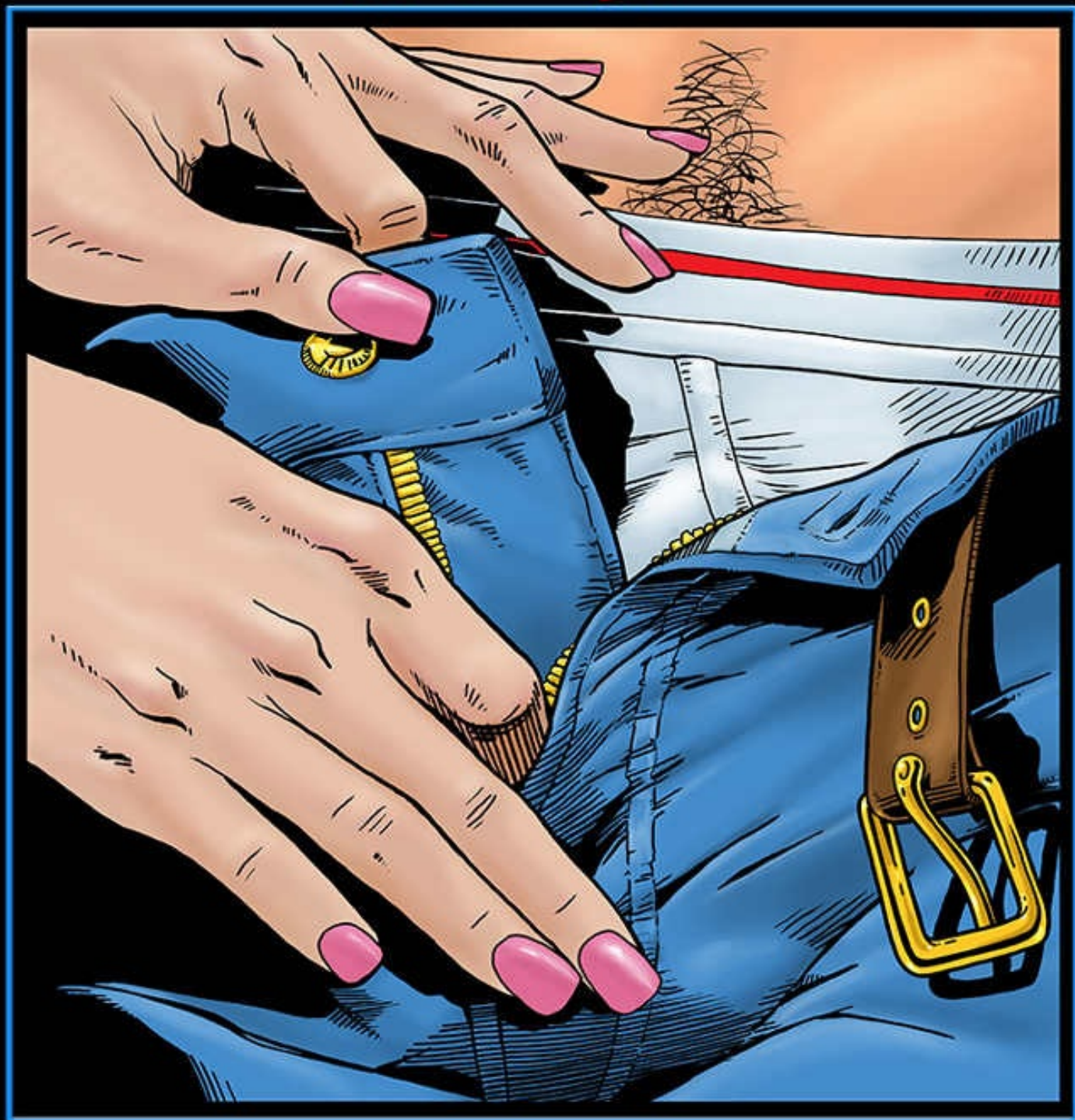


Guide To Getting It On *Unzipped*





Welcome!

www.Guide2Getting.com

Guide To Getting It On!

Ninth Edition

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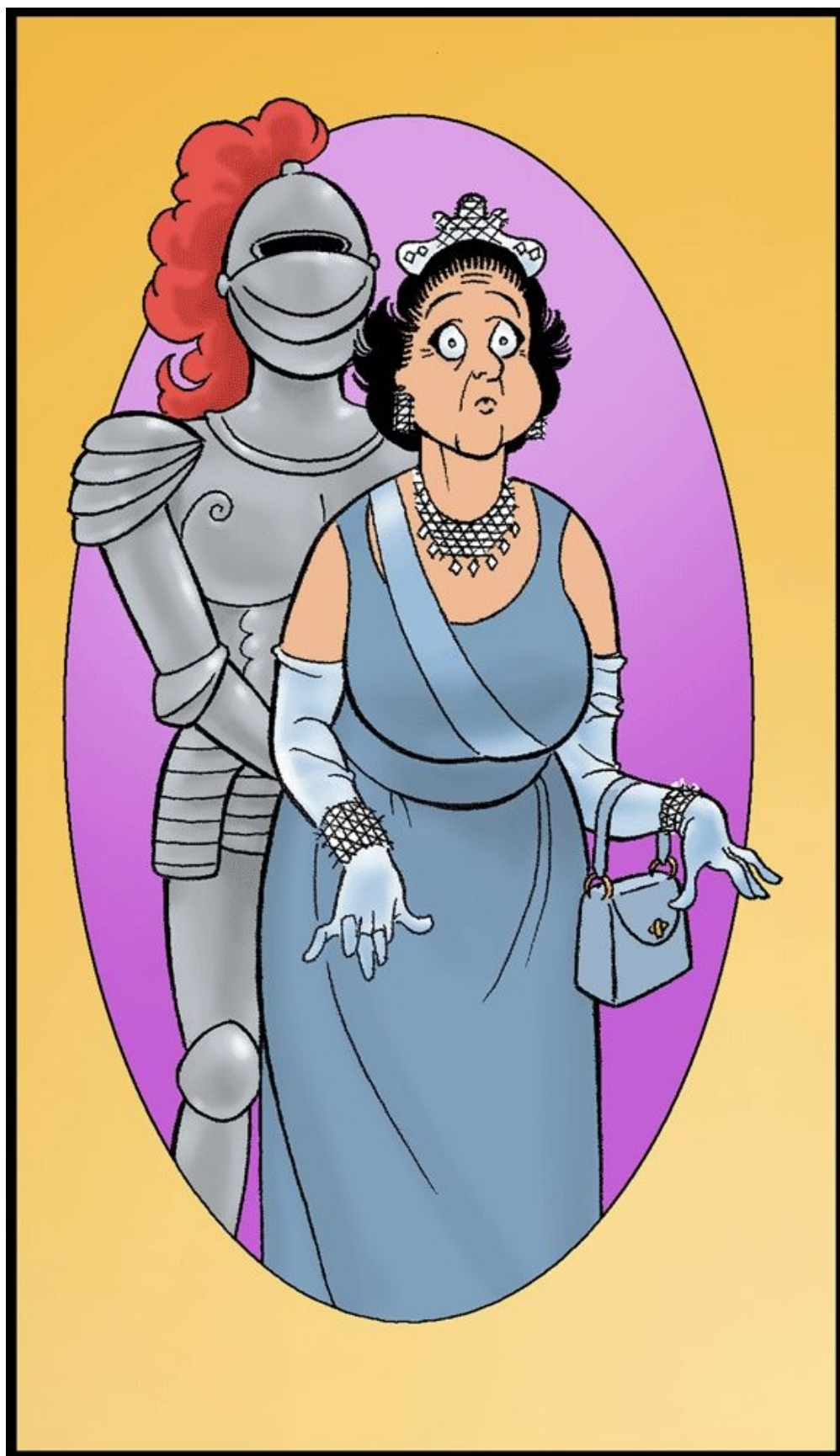
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Guide To Getting It On

Unzipped!

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Goofy Foot Press
Oregon, U.S.A.

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Introduction

When I started writing this book, the men who made Snapchat weren't even born and the founders of Facebook were six years old. There was no texting, Google, Grindr, YouTube, or Amazon. Porn was mostly in magazines that you hid under your bed, and phones were wired to the wall.

Scientists still clung to the notion that men wanted sex more than women and that women wanted to be married so they could have more children. We should be thankful that I began writing *The Guide* while sitting on the warm sands of Topanga Beach in Southern California. You couldn't help but look at the women on that beach and know that science had it all wrong.

Many things have changed since the 1st edition went to press. Yet humans still have the same genitals and a lot of us still want sex to be special. Hopefully, you'll have as much fun with this 9th edition as your parents did with the first.

I never expected this book would be used in more than 50 college sex education courses. Then students started telling me the book was the best sex-magnet ever. They would leave it out for others to see, and sex would often follow. (Why it's used in medical schools I'll never know. Medical students don't have time for sex.)

The first college to assign *The Guide* was Santa Barbara City College. I used to drive to Santa Barbara to hand deliver the books. Santa Barbara City College will be the first college to receive this new edition. East Carolina University will be the second, and then Miami of Ohio.

The Guide is now in its 9th edition. That wouldn't have happened without the help of many of you. Thank you so very, very much.

Who This Book Was and Wasn't Written For

When I was working on the 1st edition of the *Guide To Getting It On*, I met with a group of gay men in the publishing industry. I told them I wanted this book to be one of the most inclusive books on sex ever written. I wanted it to speak to gays and lesbians as much as to people who are straight.

The first thing they did was point to a sad looking shelf in the back of the gay and lesbian bookstore where we were meeting. They said it was the one shelf in the entire bookstore that had to be dusted the most often. It was the shelf where the inclusive books on sex were placed.

They explained that gay men don't want to read books on sex with chapters about vaginas and breasts. Did I really think a gay guy would want to buy a book with illustrations of a man with his face between a woman's legs like on pages [249](#) and [254](#)? As for lesbians wanting a book that shows women teabagging men's balls like on pages [263](#) and [267](#)...

Their advice was, "If you write it for everyone, it will speak to no one." They also asked if I woke up each morning with a hardon for other men. When I said no, they replied "Why would you think you can write about our experience when it isn't your experience?" They encouraged me to write what I know.

If you know about the politics of sex education, you would understand how shocking their response was. They were saying I need to make this book for people who are straight and mostly straight, as opposed to having a political agenda to make everybody love everyone. But their advice made sense, and that's what I did, with a twist—I made respect for sexual differences a cornerstone of this book. This has apparently worked, considering how many of the college instructors who have assigned the book are gay and lesbian.

I've also given up trying to please people who insist that every word of every sentence must not offend a single person on the entire planet. During this past year, I've been told I'm not supposed to say "a woman's clitoris" because it might offend people who are transgender. So instead of using words like "woman" or "man," I should say "a person with a clitoris and vagina" or "a person with a penis."

The same goes for menstruation. I'm not supposed to refer to women as

having periods. They want me to use the gender-neutral term “menstruators” for persons who menstruate. Otherwise, according to the Society for Menstrual Cycle Research, I would be reinforcing “the rigid gender binary that perpetuates privilege and oppression.” As for the dude who drives across town in the middle of the night to buy a box of tampons for his menstruating girlfriend, I guess I’m supposed to call him a “non-menstruator.”

It used to be the biggest enemy of this book were movies of childbirth they show in high school health classes in an attempt to scare girls from having sex. Instead of teaching about consent and the importance of learning about your body and talking to your partner about what feels good, they show close-up videos of 9-lb blood-covered babies forcing their way out of the vaginas of screaming women. From the time I started writing this book until now, our country has spent \$2 billion promoting *Abstinence-Only Sex Education* and its message of shame. Based on the recent elections, there may be even more abstinence-only sex education, purity balls and virginity pledges.

And now, anything and everything having to do with sexuality has been landmined by academic types who see micro-aggressions and plots from the patriarchy lurking in every corner. When these people aren’t saying mean things to anyone who doesn’t agree with them, they are often dismissive and act superior.

So each prior edition of this book has had to weather whatever storm our sex-confused culture could throw at it. This edition is no different. It’s totally up for the task.

As for the buyer at the Babeland sex toy stores who refuses to carry *The Guide* unless I re-write it in a way that she approves of, I’d like to say there’s way more to diversity than using impossible pronouns and espousing only those beliefs that mirror your own. I’ve spent a lifetime fighting for the rights of people who are gay, lesbian and transgender. I’ve also written a book for men and women who like to have sex with each other. I’m proud of both, and will not be changing a thing.

Paul Joannides, Psy.D.

About the Book

The *Guide To Getting It On* has received praise in *Rolling Stone*, *Playboy* and *Oprah Magazine*. It is also used in dozens of college sex-education courses and to train medical school students and residents. The book has won seven awards, including book of the year from the world's top organization of sex educators and sex therapists. There have been fifteen foreign translations.

About the Book's Author & Publisher

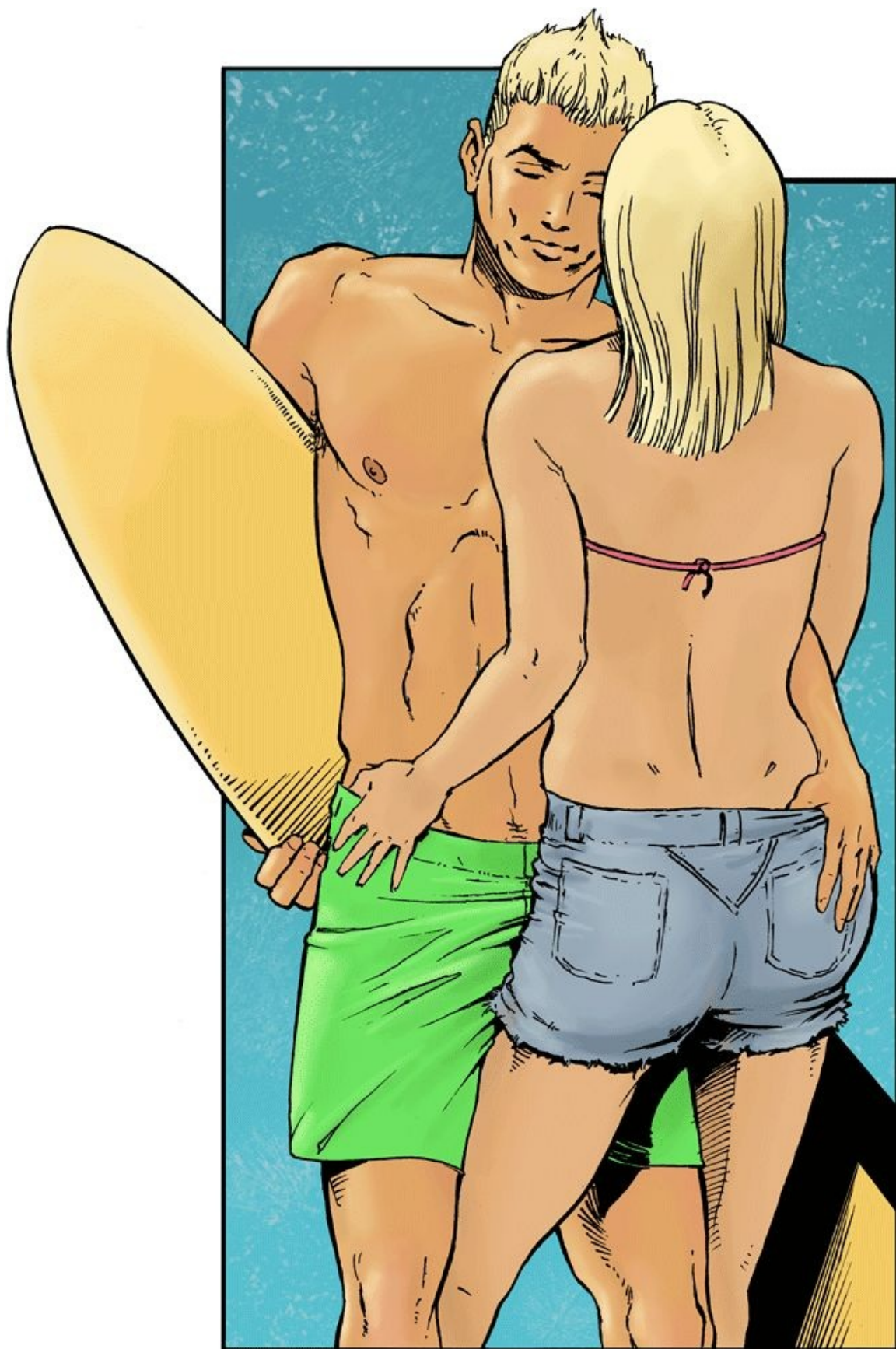
Paul Joannides, Psy.D. is a research psychoanalyst. Paul has been on the editorial boards of the *Journal of Sexual Medicine* and the *American Journal of Sexuality Education*. He has received the Professional Excellence Award from the *American Association of Sex Educators, Counselors and Therapists*. He has written chapters for some of the most respected reference books in sex education.

About the Illustrator

Dærick Gröss Sr. is an internationally recognized illustrator of fantasy and comic book art. It is difficult to think of *The Guide* without his wonderful touch. Thanks to Dærick's magic, the characters in this book are able to have sex when its covers are closed. This is why they are always smiling.

About Goofy Foot Press

No mainstream publisher in America believed they could sell a book on sex that was both intelligent and had a sense of humor. They rejected *The Guide* in droves. So Paul hocked all he owned and started Goofy Foot Press. Before long, most of the publishers who had originally thought Americans were too dumb to read a smart book on sex started offering obscene amounts of money to buy the rights. Undaunted and unimpressed, one of the world's smallest presses continues to publish one of its biggest and best books on sex.



Warning & Disclaimer

Hard as I've tried, this Guide isn't perfect and it's not a final authority on sex. There will be times when it is better to consult with your best friend or YouTube. You might also speak to a physician or licensed sex therapist. Ultimately, it 's your body and your sexuality—venture beyond the bounds of common sense at your own peril.

This book talks about sex acts which are illegal in some parts of the world. Know the laws about sex and break them at your own risk; prison sentences, public stonings or beheadings could result.

The people who have contributed ideas to this book are psychologists, social workers, lawyers, teachers, writers, a couple of surfers, some prostitutes, a priest and 10,000 survey takers. Just because some of these people have college degrees doesn't mean they know any more about sex or relationships than you do. They all struggle at times. Still, their perspective might be helpful.

While the techniques mentioned in this book work well for some people, they might not be good for you. Check with a healthcare provider before attempting any sexual act that you are unfamiliar with, or do so at your own risk and with the understanding that bad things might happen. Consult with a physician if you have any condition which precludes strenuous exercise or erotic activity.

All readers, except those who are trying to get pregnant, are encouraged to use the most effective method of birth control, such as an IUD, and to adopt a medically-sound strategy for avoiding sexually transmitted infections. However, no form of birth control is foolproof, and diseases have been known to outsmart the finest of barriers. These are normal consequences of having sex and are not this book's fault.

This book was written to help expand the consciousness of its readers. Neither Goofy Foot Press nor any of its minions shall be liable or responsible to any person or entity for any loss, damage, injury or ailment caused, or alleged to be caused, directly or indirectly, by the information or lack of information contained in this book.

This book contains anatomical illustrations which are at best simple

approximations. If your anatomy differs from what is shown, take heart, everyone is unique. Hopefully there is at least some similarity with what's beneath your clothes and what's between these covers.

If you do not wish to be bound by this disclaimer, please return this book with a copy of the sales receipt to the publisher for a full refund.

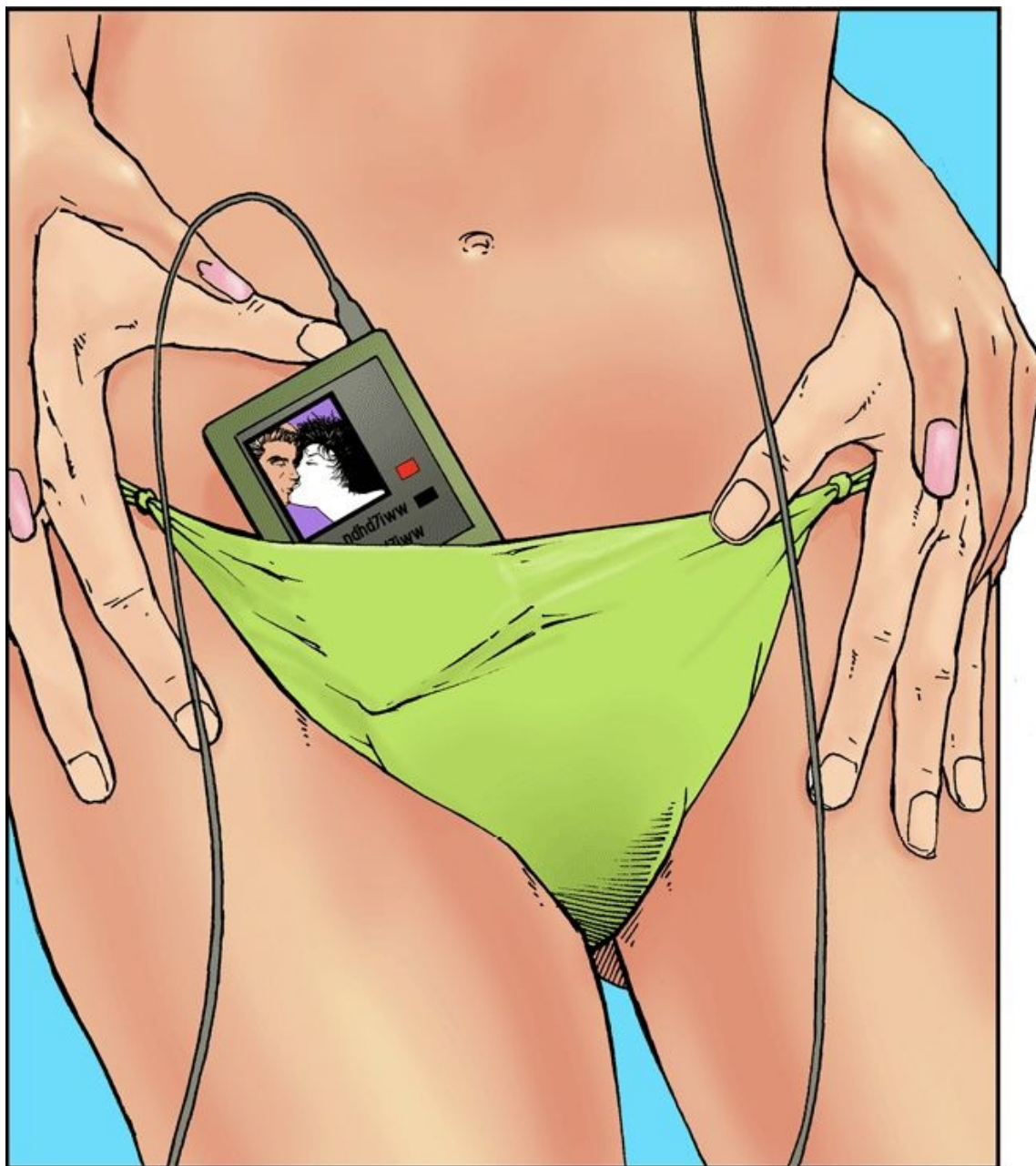
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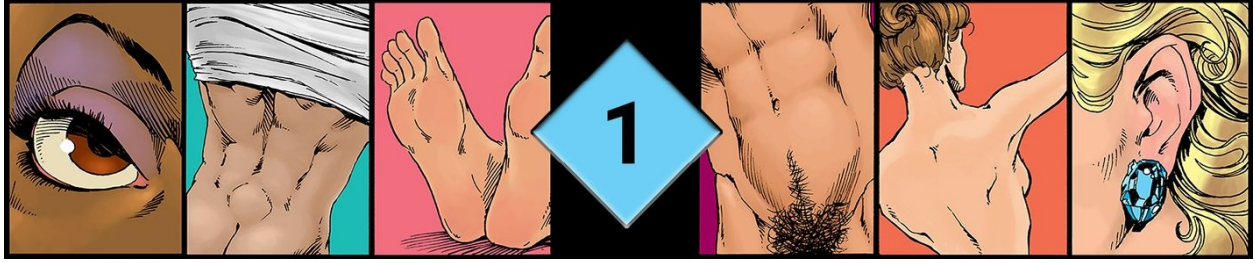
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FOR TONI JOHNSON



The Beginning

Each of the lovers you have in life will want something different from you. Some will want you to touch between their legs, others will want you to touch their soul. This book tries to help you with both. It encourages you to explore dimensions of sexuality that people usually aren't told about—from the emotional part of getting naked together to why a guy who takes his penis too seriously might have trouble pleasing his partner. It covers subjects like hand jobs and heart throbs, kisses above and below the waist, friendship, and sex in different kinds of relationships.

Whether you have lots of experience or have yet to be with your first lover, a good place to start is with our Goofy Foot Philosophy:

It doesn't matter what you've got in your pants if there is nothing in your brain to connect it to.

Do With It What You Want

Since this is a book about sex, it makes sense to begin with a definition of what sex is. But trying to define sex is like chasing a rainbow. The closer you get, the farther it goes. Here are a few things to consider:

■ People think of intercourse as the ultimate sex act, the real thing—*ipsum fuctum*. But if intercourse is the ultimate act, then why can making out or holding hands be sweeter and more meaningful?

■ Almost all sex acts can be painful, obnoxious, or boring if you aren't doing them with someone who turns you on. Does this mean that the mental part of sex is more important than the physical part?

■ Why does one couple find a particular sex act to be highly erotic while another couple finds the same act to be disgusting?

■ A person has sex and an orgasm with a partner of many years, but the sex doesn't feel particularly exciting. The next afternoon he or she nearly bursts with excitement after catching the brief but intense gaze of a sexy stranger. How can a glance from a stranger take your breath away more than sex with a long-term lover?

■ You are getting a physical exam. You are naked and your genitals are being touched. You feel no sexual excitement. However, if you were naked and being touched in this way after a fun night out, it might be incredibly sexual. How much do we rely on the context of a situation to tell us what's sexual and what isn't?

■ How can a song, car, or piece of clothing be sexy?

Needless to say, we have given up on trying to pin a tail of definition on the big donkey of sex. It seems that any definition of sex needs to fit who you are as an individual as well as your particular situation. Instead of pretending to know what that might be, consider this:

Learning about sex and intimacy is a lifelong adventure. Even with years of

experience, we still blow it on occasion. The best any of us can do is to tell you what we wish we had known about sex when we were young. That's what this book is about. Do with it what you want.

Morality & What's in Your Pants

In much of America we still try to equate morality with whether you keep your pants on. We also associate morality with religion. But there are Christians, atheists, Jews, and Muslims who are moral people and there are Christians, atheists, Jews, and Muslims who are immoral people. The same is true for people who are sexually active and for those who aren't. Morality is about respecting and caring for your fellow human beings. It has little to do with how you enjoy your sexuality, unless what you do breaks a special trust or is not consensual.

Hmmm. A Book on Sex

Consider the books on sex that were written between 1830 and today. Many of these books gave a woman a psychiatric diagnosis if she liked sex as much as men. And men were told they would go insane if they masturbated. Today's books on sex make all sorts of claims as well. So keep two things in mind: that books on sex don't often pass the test of time, and this is a book on sex.

Sex books are merely a reflection of the time and culture that spawn them. Sexual fashion will change many times during your life.

How It Fits In

When your mom was in school, she couldn't sneak a phone between her legs and send a Snap of her pre-mom crotch to one of your potential fathers. You, however, are no longer constrained by the limitations of ancient technology.

But still, the reasons why people have sex are pretty much the same as they always were. Love and infatuation can be a driving force, but feeling horny and having fun are frequent motivators. People also have sex to make babies, to feel more grounded, to make money, to help them feel more desirable and less lonely, and the list goes on.

Sex with the same person can mean different things at different times. Early in a relationship, it might excite you and rev you up; later it might be a source of comfort and calm. In most relationships, there will be times when the sex is boring or when it makes you feel more distant than close. Just be aware that there's usually more to a good carnal experience than the hydraulics of sticking hard into wet. For some people, what separates good sex from bad are intangibles like fun, friendship, love, and caring.

As you get older, your expectations about sex may change. If you are 15, getting laid in and of itself can be a huge thing. But by the time you are 30, you'll have more experience under your belt. By then you might want your sex life to take you someplace different than when you were younger. Perhaps you will be searching for different qualities in a partner as well. Hopefully, you will want sex to be special no matter what your age.

A Red Flag — Matters of the Heart

Some sexual relationships are mostly physical. Others are emotional. Keeping it just physical is not an ability that everyone has or wants. Sometimes it depends on your situation and where you are in life, other times it's a matter of chemistry.

The emotions that accompany sexual relationships can be magical, enchanting, and wonderful. Then again, they can be awful. A cherished relationship can fizzle and go flat, leaving you with so much heartache you might wish you were dead. The tears can pour from a place so deep that you'll wonder if they will ever stop.

Lovemaking can be a way of working through fears and uncertainty, as well as a place for growth, fun, and friendship. Sex can help you be more honest, and alive with yourself and your partner.

No Assumptions Here

Most of us make assumptions about the sex lives and relationships of other people. Consider Tim, a computer geek, and Jake, a well-liked shortstop on his company's baseball team. Tim is bicep-challenged while Jake looks like he just leapt from the pages of *Men's Health*. Yet Tim-the-geek has a creative and fulfilling sex life with his partner, while Jake-the-hunk lives in fear that someone will discover his sex life consists of porn and his right hand.

This book is just as much for Tim and his girlfriend as it is for Jake. It makes no assumptions other than you are curious about sex and might want to enjoy it even more. It also tries to accommodate a full range of sexual tastes and beliefs.

Smart vs. Dumb

Just about anything in this world that's worth doing will kill you if you're stupid about it. Having sex can be far less risky than driving on the freeway or even driving across town. It just depends on how smart you are about sex and how badly you drive.

You know the drill about condoms. And given that 50% of pregnancies are unplanned. IUDs are a great no hassle way to prevent pregnancy.



Dear Paul,

In my intro psych class, they wanted us to take a detailed survey about sex. My boyfriend and I really like sex, but I didn't feel comfortable doing the survey and left most of it blank. Does this mean I'm weird?

Athena from Mt. Holyoke

Dear Athena,

My own suspicion about sex surveys began two days before I took my first intro-to-anything class in college. I had spent my first 18 years in a small town that didn't have a lot of stop lights or two-story buildings. It did have as many bars as churches, and it wasn't unusual for girls to get knocked-up before the end of high school.

So I had spent the totality of my life in the nape of America's red neck. Then, I suddenly found myself as a freshman at UC Berkeley, where there were Krishnas instead of cows, and "weed" was no longer the hallmark of poor pasture management.

Back then, I had no idea that the nice, neanderthal-looking guy who lived upstairs in my dorm would become a co-founder of Apple, or that I would someday write a book on sex that people like yourself would have on their

shelves or in their phones.

What I did know is that I had to show up at the student health center to take a physical exam. That's when I became one of hundreds of guys in their boxers or briefs, waiting in a mile-long line to pee on command. Then we got to stand in front of a row of doctors who pulled our briefs down and reported what they saw to the young nursing students who were sitting next to them with charts in their laps. Not being ones to take it on faith, the nursing students looked up and checked as well.

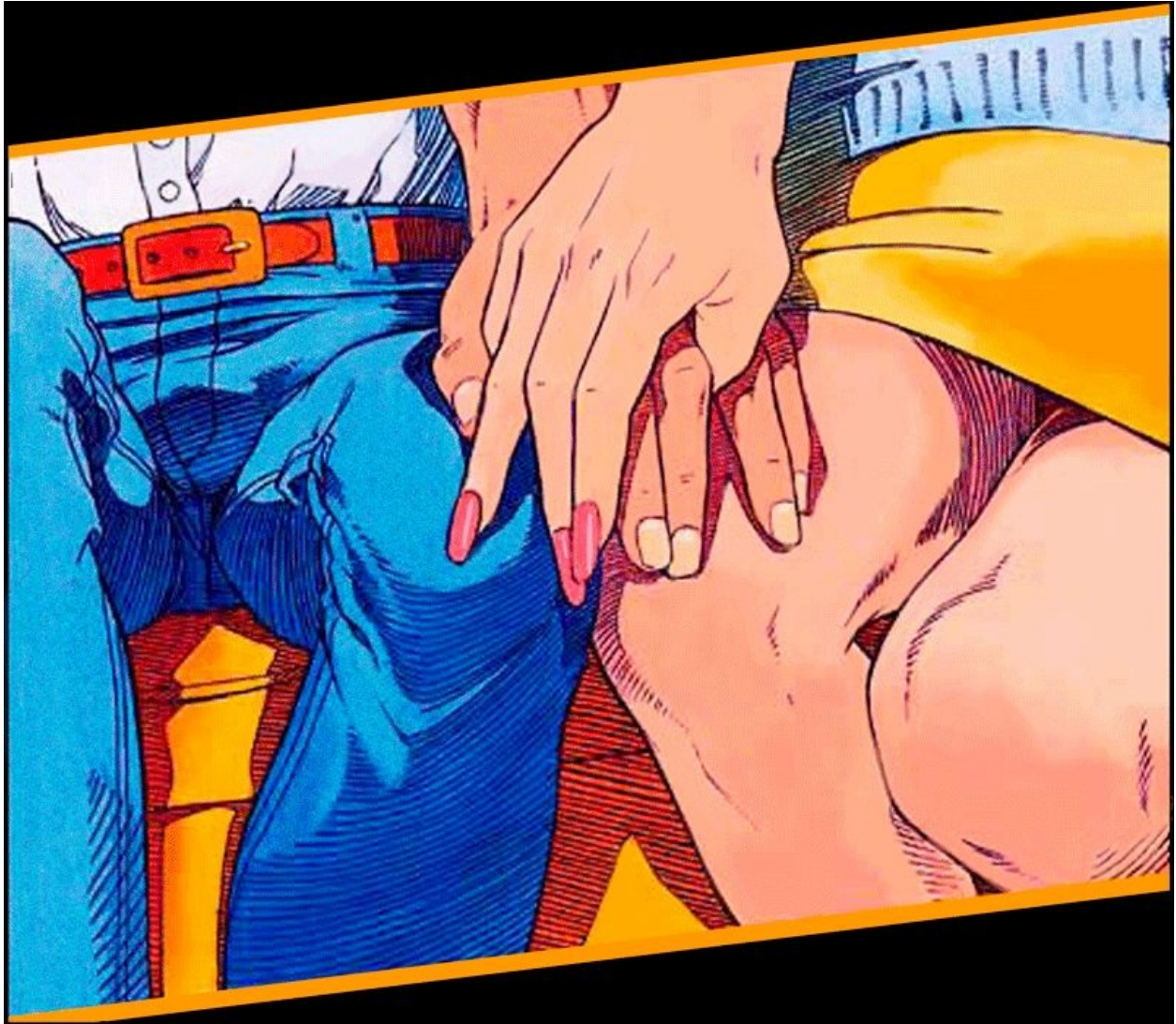
Then, when I got back to the dorm, there was a thick survey sitting on my desk. It wanted to know about my personal sexual habits. Being barely a man and just two days in the big city, I wasn't ready to confess "how many times I masturbated during the past week." But I did know that no matter how far from home you are and no matter how fast of a lane you have fallen into, what's personal is personal and nobody has a right to take that away from you. So, like you, I left the survey blank.

As I think back over the sex survey from my first few days in college, I am reminded of how complex and personal sex is for some of us, as it seems to be for you. At the same time, I appreciate that your roommate might be uploading videos of herself having sex on sites where everyone can see them. And what about all of the people who post intimate details of their private lives on social media?

Are you "weird?" Perhaps. But I suspect that's true for many of us.



Romance



Romance is something thoughtful you do for someone you love. It's the Gorilla Glue that holds relationships together. It's lube for above the belt instead of below.

Romance can be as simple as leaving a note on the refrigerator that says "I love you," sending a thoughtful text, or giving an unexpected hug. It can include heroic gestures like helping your partner do a project or scouring the tile in her skanky-looking shower or taking a whole day to organize his or her *Nightmare-on-Elm-Street* closet.

Contrary to what the ads on TV show, romance does not need to cost a thing. It should not require an increase in your credit limit. You are deluding yourself if you think the only way you can be wildly romantic is by single-handedly jump-starting the economy.



Romance vs. Sex

Try not to assume that romance will result in sex. Romance resides in a special universe somewhere between Platonic love and carnal lust. It can evolve into sex, and the sex can be incredibly romantic, but it's possible to have a romantic evening and end up in bed alone. When that happens, you do what the rest of us have done since the beginning of time: you romance your penis or clitoris yourself.

Romance When Dating as Opposed to When You Are Married

Getting the oil on your partner's car changed and having it washed can be a romantic thing if you are dating. However, if you are married, it's probably one of those things that's migrated from the romance column to being just another job on your to-do list. Hopefully it's something your partner appreciates, but it's unlikely to get you a night of oral sex because "you're so darned wonderful."

But when you were dating, going to a movie might not have been particularly romantic, given how you would do it at the drop of a hat. But once you have kids, going to a movie involves hiring a babysitter and maybe picking her up, getting dinner made for your children, and finding some way to defy the laws of parenting and get to the theater on time. By virtue of the wedding ring and your most excellent breeding skills, going out to see a movie goes from routine to romantic.

Likewise, your partner may have loved receiving stuffed animals before marriage, but after having children, the population of stuffed animals in your household may have reached critical mass. She's thinking, "How do I sneak this bag of stuffed animals to Goodwill without little Sophia having a meltdown?"

Married or not, getting a lover her favorite chocolate is almost always romantic regardless of the number of notches on the side of her uterus. Chocolate works on the same part of the brain as cocaine and heroin.



Getting Your Romance Meters in Sync

If the person you are lusting over feels like a keeper, try to figure out what is romantic to him or her. This might be different from what's romantic to you.

While things that make a big splash could be what catches your romantic eye, your partner might prefer the understated. Just because his or her style is different from yours doesn't mean you can't be wonderfully romantic in each other's eyes. Over time, you should make a mental list of things your partner goes "Wow!" over. That way you won't panic when the need for romance arises.

Romance during stressful times can require a different approach, such as turning into a rock your partner can lean on or quietly taking up the slack in other ways. If your partner has a huge project coming up or is dealing with serious drama, plan ahead for things you can do to help make it better, although being supportive doesn't always require "doing" something. Sometimes it just means listening.

Reliability vs. Excitability: Romance in Long-Term Relationships

In long-term relationships, all the romantic gestures in the world are meaningless if you aren't trustworthy and don't do your share of the work. Romantic gestures won't get you far if you didn't do the things your partner was counting on you to do.

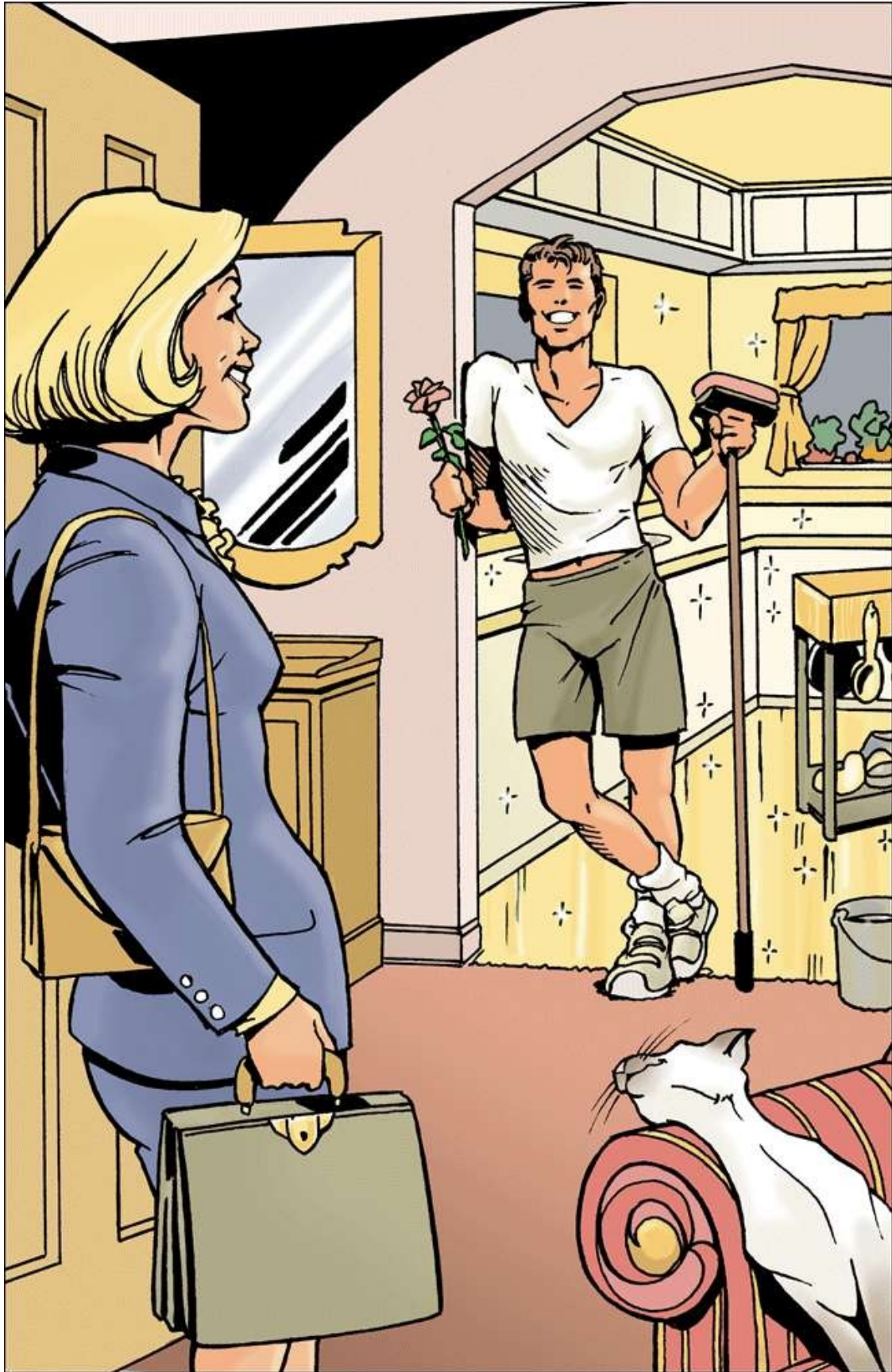
On the other hand, when you hear people in long-term relationships say the sparkle has gone in their relationship, maybe they have worked so hard at being reliable that they have forgotten about the special touches that help make a relationship hot. Maybe they used to be more playful or daring. Maybe they made their partner feel incredibly attractive and alluring, but not so much any more.

There is a balancing act in long-term relationships, given how "reliability" means going to work and keeping your commitments, while "erotic" is more about dropping everything and surrendering to the moment. Doing fun things together becomes an important equalizer. It is as important as your best moves in bed.

When a Relationship Is New

It seems that during the first six months to a year in a new relationship, we process our lovers in the wild'n'crazy part of the brain. Our good judgment is mostly shot to hell and even a lover's most annoying habits seem endearing. We pine over them, obsess about them, and want to have lots of sex with them.

Then, after a year or so, we start to process our long-term partners with the "long-term relationship" part of the brain. We become more aware of the warts in a relationship. It can also be a time when partners sometimes stop trying as hard to be romantic. To protect your sex life from being lost in the kids-and-a-mortgage part of your brain, it helps to add novelty. Novelty is a way of lobbing your relationship back into the sexually-exciting parts of the brain. Maybe you can visit new and different places, have fun together, or try snuggling and making out when you are watching a movie.



Men who help around the house get laid more often than dudes who don't, causing speculation that cleaning products in a man's hands are sexier than oysters and fast cars.

What Readers Have to Say about Romance

“Romance is being kind, gentle, and thoughtful. Sometimes intense as when making love, sometimes only on pilot light, but never off.” *male age 70*

“Romance is when she and I can absolutely forget that the rest of the world exists. Just today we both had a million things to do to prepare for the coming work week, but I found a great Spanish song about a bull that falls in love with the moon. Soon we had dropped our work and were spinning each other around the living room like two people who had no idea how to dance flamenco.” *male age 25*

“What is romance? Stroking my hair, holding my hand, helping me with the housework, cooking, talking, sharing the day with me.” *female age 43*

“Romance is waking up in my partner's arms and being told that he loves me.” *female age 27*

“Romance is sitting on a hammock together reading our books. It's when we go Rollerblading at the beach.” *female 27 & male 32*

“For romance, I enjoy a great bubble bath together with candles and wine, lots of great smelling scents whether it's perfume, incense, or just the smell of my man.” *female age 36*

“It's bringing home a single rose or a little Something to say I was thinking of you today.” *female age 34*

“Doing things that show he values me as a life partner and not just a bed partner.” *female age 45*

“If he brings you flowers or jewelry and he's not there in any other way, it's not romance.” *female age 45*

Dear Paul,

There's a really cool single mom at work who I'm thinking about asking out. I've never dated a woman with kids. Do you have any advice?

Mitch in Miami

Dear Mitch,

There is an amazing pool of women to date that some guys don't realize exist. They're called single moms. While plenty of single moms are only interested in long-term relationships, that's the last thing others will want. Having a trustworthy friend to meet once a week for sex and conversation or even just sex could more than fill the bill.

But let's say she is interested in something that's more traditional than casual. A man who dates a single mom needs to know about babysitters. No babysitter, no date, unless it's a family date or the kids are at their dad's. So the first words out of your mouth should be, "Can I help pay for the sitter?" and "It's too early in our relationship for me to be meeting your kids, but I can pick up a pizza for them?" This may not sound romantic to you, but few guys will be this considerate.

The next thing to know when dating a single mom is how kids can suddenly spike temperatures or start throwing up, especially when they don't want their mom to go out. And you won't believe the nasty array of colds, coughs and flus that kids bring home from school. So you will need to have patience and a willingness to masturbate when mom is suddenly hijacked by family matters. No matter how important you might be in a woman's life, you are not going to come between she and her kid's viruses, or hopefully not, anyway.

Until you've been dating for a while, think twice about getting super-expensive tickets for events. It will just make her feel bad if she has to cancel at the last minute, and it won't bother you nearly as much if the casualty is only dinner and a movie. If she suddenly has to cancel because of Junior's croop, you won't be anybody's chump if you leave a bouquet of flowers at the door with a note saying how much you look forward to seeing her soon. Yes, some parents are flakes and will use their children as an excuse, but you'll be onto that soon enough.

Do not try or expect to meet a single mom's kids for a long time. It's not fair to them if they become attached to you and you suddenly end up out of the

picture. But you can still help. Ask about the things her kids like to eat. The 12-box carton of Mac'n'Cheese and frozen chicken tenders and chicken-pot-pies from Costco might be calling. At the end of a date, ask if she needs to stop by the grocery store on the way home. If that's the last thing she wants to be reminded of when she's out with you, she'll let you know. If you do meet her kids, don't go sticking your tongue down their mom's throat when they are around. Don't try to buy them off with gifts. Your friendship and concern about them is enough.

If you and their mom start having sex, you'll need to become logistical wizards like other parents do when kids are around.



Kissing



It's funny how guys will worry about the size of their penises when they should be worrying about how well they kiss. Kissing usually says more about you and is more likely to be a deal breaker.

Kissing a partner on the lips makes more of an emotional statement than

kissing him or her on the genitals, even if being kissed below the belt often feels better. One of this book's advisors, who makes her living by having sex with different men, won't let anyone but her husband kiss her on the lips. And when a relationship starts to go sour, couples usually stop kissing on the lips long before they stop having intercourse.

There are reasons why kissing can be more intimate than getting into a partner's pants. From the moment we are born, most of us are kissed by moms, dads, aunts, uncles, grandparents, and anyone else whose approaching lips we can't successfully dodge. Being kissed symbolizes a love that we hopefully come into the world experiencing.

Another reason for the added power of kissing is so many of the major senses—vision, smell, hearing, and taste—have their outlets on the face. The face is so full of sensory centers that we have terms such as “You're in my face” or “Get out of my face” to express annoyance or social discomfort. The lips are also exquisitely sensitive to touch.

Look at the importance of lips in style and fashion. You can buy a zillion different colors of lip gloss and lipstick, with some that sparkle and others that make your lips look wet.

When Kissing Is the Main Course

Kissing on the lips often leads to other things, but there are plenty of times when kissing is all you get. Like when you are fifteen and necking all night long. Or when you are older but want to feel like you are fifteen. Or when a woman has started her period and she hasn't yet read this book's most excellent chapter on period sex, [Chapter 27. Surfing the Crimson Wave \(From Period Gear to Period Sex\)](#).

Don't for a moment think that monster make-out sessions are kids' stuff. Some people experience these as hotter than much of the intercourse they've had.

If all you plan on doing is making out, be sure to put your gum in a safe place where you can find it afterward. It will help take the edge off until you can go home and masturbate.

Great Kissing Advice

“The best thing you can do is to ask your partner to kiss you the way he or she likes to be kissed. It really works. Just sit back and let him or her take over; you’ll learn all kinds of things.” *male age 26*

We seldom take the time to ask a partner how he or she likes to be kissed. Maybe delicate butterfly kisses are what get your partner going rather than dramatic lip-lock action. You’ll never know unless you ask.

Maybe you are too shy to ask a lover how she or he wants to be kissed. Why not do a search for “best movie kisses” and make a list of cinematic spectacles to download? You and your partner can have fun trying to imitate some of the kissing scenes. Hopefully, your partner’s favorite kissing scene isn’t from *Lady and the Tramp*.

Readers’ Smooch Advice: The Basics

“Please don’t eat my mouth. A good kiss can make me wet with desire, with only the softest touch.” *female age 23*

“Start really light. Barely brush your lips against hers. Be very aware of her response. Increase the pressure ever so slightly when she begins to meet your lips. Eventually, touch the tip of your tongue to her lips. If she opens her mouth, you can let your tongue enter just the smallest bit, but try not to force her mouth open.” *male age 25*

“Kissing is not just a preliminary to fucking. Gently explore with your tongue, lightly suck on her lips and tongue. If she is into it as much as you, kiss with good suction, not lazily.” *female age 45*

“When you’re kissing, be gentle; don’t swallow a woman’s entire face or dig your teeth into her cheeks.” *female age 36*

Breathe or Die, and Don't Forget to Swallow

People who are new to kissing sometimes ask if they should kiss with their eyes open or closed. There is no right or wrong way. Experiment and see what works best for you.

Another question is what to do with your nose. When you are kissing, your mouth is often busy, while your nose is mostly in the way. Breathing through your nose gives it a purpose and keeps your partner from feeling like you are attempting mouth-to-mouth resuscitation. Tilting your head to the side can help avoid a collision of oncoming beaks.

You might find it helpful to take an occasional pause in the make-out action. Maybe you need to catch your breath; if you're a guy, maybe you need to adjust your erection. You can keep the momentum going during these intermissions by gently stroking the side of your partner's face with the back of your fingers, or you can tell them how much they turn you on or how lucky you are to be with them.

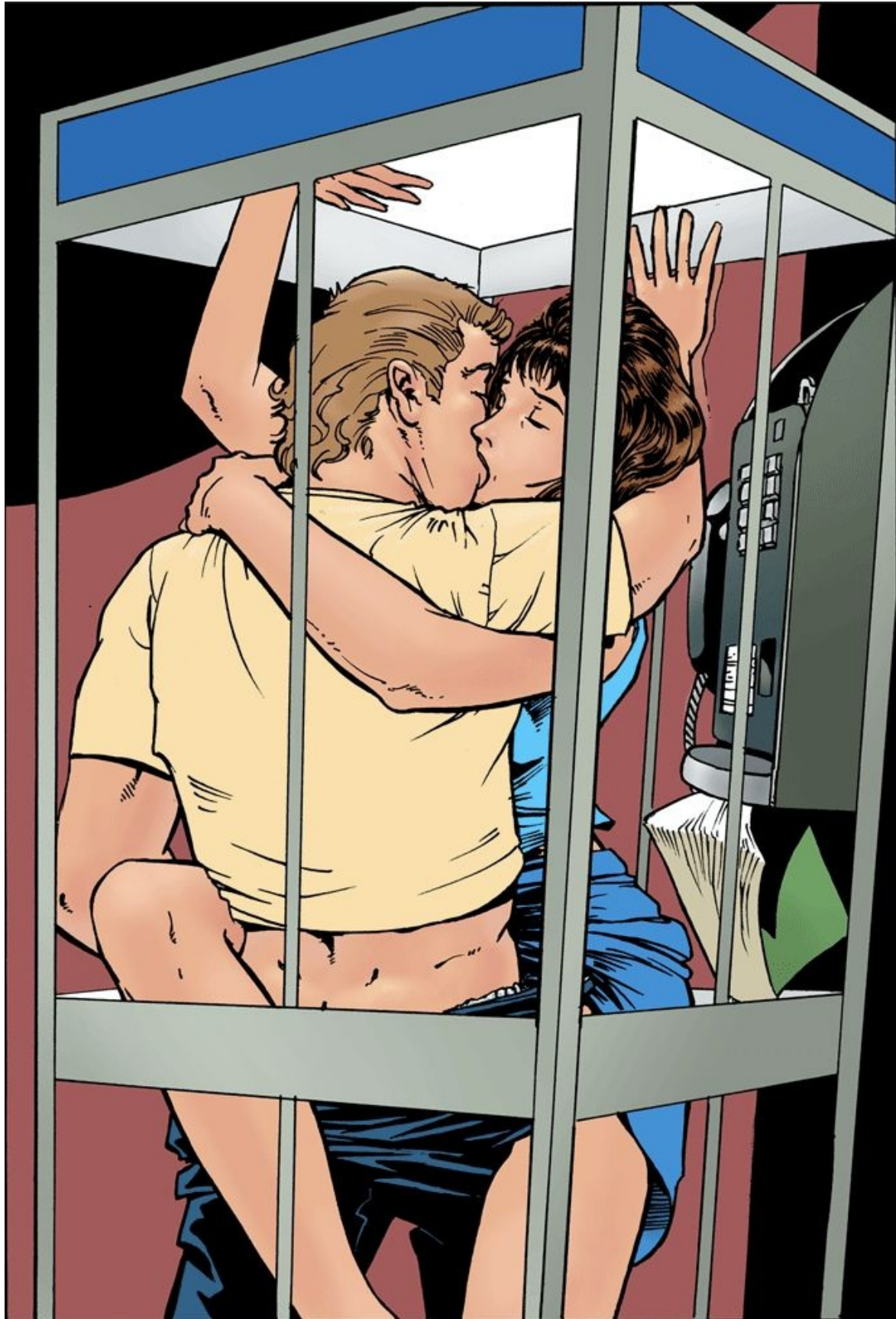
As for swallowing often, take these comments to heart:

"Try not to slobber!" *female age 25*

"Turn off the water works! There is nothing worse than a big slobbery wet kiss." *female age 27*

"An overly wet mouth is a turn-off." *female age 32*

"Girls love slobber. At least that's what they tell me. Maybe that's 'cause I slobber. Hey, wait a second!" *male age 22*







1960

Today

**Same Couple
Same Kiss?**



French Kissing

French kissing is spelunking with your tongues. However, it is not a tongue-to-tonsils regatta. Try swallowing first, and go gently. Pretend your tongue is Baryshnikov instead of Vin Diesel or The Rock, and you will do just fine. There is always time for tonsil-sucking later.

Don't occupy your partner's mouth like it's a parking space in New York City. Bring your tongue out for air. Try changing the pace by kissing your partner's neck before re-probing the deep.

Some people think their tongues should act like a penis when they are French kissing. A penis gets hard and likes to thrust in and out of anything that will have it. It can't help itself. But a tongue shouldn't thrust in and out like a penis and you shouldn't try to deep throat a partner with it.

“Take it slow and easy, but not too easy.” *female age 26*

“Don't jam your tongue down someone's throat until she invites you in.”
female age 38

“Getting deep throated for fifteen minutes at a whack is no fun.” *female age 48*

First Time French Kissing Advice

You don't need to leap from closed-lip kissing to tonsil hockey in one fell swoop. If your partner is into kissing you and you've been at it for awhile, you might try opening your mouth a bit so there's a space between your lips. You can then gently run the tip of your tongue around the edge of your partner's lips. That way, you're not invading their open-mouth space, but you're not being a weenie either. See how your partner responds. If they want your tongue, they'll let you know. They might even put their tongue in your mouth. Or maybe it will feel nice to gently suck on an upper or lower lip without anyone's tongue leaving its bullpen. Sooner or later, you might want to explore a partner's mouth with your tongue, but don't make them feel like they are at the dentist. Forge ahead in small steps, seeing how your partner responds before exploring further.

Tongue Sucking

When sucking tongue, you are basically doing the same thing to your partner's tongue that you would to a lollipop. Sometimes you can suck your partner's tongue into your mouth, which can be kind of cool. Be gentle and brief your first few times; see if your partner likes it.



Your Hands on a Partner's Breasts, Butt and In Their Hair

What you do with your hands when you are kissing can put a kiss into hyper drive or it can mess everything up.

Once the situation is warming up, a partner might enjoy it if you run your fingers through their hair while you are kissing. But if a woman has a head full of hair extensions or has done serious moussing, she might grab your hand and pull it away. Respect this. Run your fingers through a partner's hair once and see what their reaction is. Also, hair follicles contain nerves. Some partners will want you to run your fingers gently through their hair; others enjoy a firm grip on their hair.

Never assume it's okay to put a hand on a partner's breasts just because you are locking lips. Just because she might have her tongue down your throat doesn't mean you have a free pass to grope her breasts. If a woman wants a man's hands on her breasts, she should grab them and put them there. Unfortunately, not all women realize that if they want something they need to speak up and ask for it.

If it seems like a woman's breasts are calling to you for attention but she won't put your hand there, you might try sensuously running your hand up and down her side. Don't move your hands to her breasts until you get a loud and clear signal to do so.

It can feel really good when a partner runs a hand up and down your back while you are kissing. The same is true with a hand on the butt if your partner is cool with it.

Body Contact When Kissing vs. Dry Humping

It's hard to ignore that your chests and crotches are speaking to each other when you are making out. But you don't want your partners to feel like they're being dry humped if all they want is to be kissed. There will be times when making out turns into dry humping, but kissing passionately and dry humping are not the same. The safest and smartest route is to let it be a mutual decision, with plenty of feedback.

Flossing, Brushing and Death Breath

It is raunchy to kiss with pieces of food stuck in your teeth. Flossing and brushing can make you far more attractive than wearing cologne or sucking on breath mints. If you are concerned about bad breath, check with your dentist. Dentists know all about bad breath, as many of them have it themselves.

If you are eating food with garlic or onions, make sure the person you plan to smooch has some too. Flossing and brushing won't put a dent in breath that is laced with garlic. Your only defense is to share the offense.

Kissing When You Are Wearing Lip Gloss

Some people will refuse to kiss a woman who is wearing lipstick or lip gloss. They don't like the feel. Others enjoy it when a woman is wearing a particular flavor. You usually can't go wrong with a natural hydrating coating, but greasy glosses can feel gross.

Plenty of women will pull out a tissue and do a quick lipstick wipeoff when they're about to start kissing. This can be a wise maneuver if you are kissing someone for the first time. Once you get to know them better, you might try out your favorite flavors and see if they bite. As for glitter gloss, be sure to ask.

Out Damn Gum!

Even if you just popped in a new piece of gum, do not try to hide it in the back of your mouth when you are making out. There are couples who have no problem passing gum back and forth, but until you and your partner are that kind of couple, take the gum out.

If You Are Wearing Braces

If you have braces with rubber bands, consider taking the rubber bands out ahead of time. One reader barely escaped mid-smooch tragedy when a rubber band on his sweetheart's braces came unhooked and nearly shot him in the uvula. A direct hit would have triggered the same reflex that causes vomiting.

Also, an incoming tongue might get scratched or caught on metal edges that don't pose a problem for the wearer of the braces. Talk to your partner about this, so he or she can map out any danger spots.

Putting the “Neck” in Necking

In hundreds of sex surveys that male and female readers of *The Guide* have taken, a large majority say they wished their partner would spend more time kissing them on the neck. Lots more time. So don't forget the neck!

Hickeys and How To Hide Them

Hickeys are what happen when a lover sucks on your neck or other body parts with enough force to cause internal bleeding. The hickey is the resulting bruise. Some people love the feel of getting hickeys, it's how it looks the next day that can be the problem.

Hickeys go through stages, so you will need to change your cover-up makeup as the hickey goes from three-alarm to one-alarm.

■ If the hickey is blue-black-purple, use a yellow-based concealer. If it's reddish, try a green concealer.

■ If the hickey is greenish-yellow, use a pink-based concealer. Be sure to blend out the edges.

■ If your hickey is blue-black-purple at the epicenter and reddish around the perimeter, dab on yellow in the center and green over the reddish part. After the concealer is on, dab on your normal foundation. Do not rub. Then use your normal powder. If not being found out is of the utmost importance, try a translucent powder on top to help set it.

If you don't have green, use an oil-based concealer that is lighter than your natural skin color. That's because the hickey color will cause the lighter concealer to look darker. Focus the concealer only on the hickey area and not on the skin beyond it. Otherwise, the unbruised skin around the hickey will look like a big smudge, and people will know.

Teeth on Skin

Teeth on skin can feel really nice or really ugly. Lube your lover's skin with oil or saliva so your teeth glide along the surface. Then run your teeth back and forth. You might try a bit of biting action on large muscle groups such as the shoulders or buns. Be sure to get feedback and try not to violate your local cannibalism statutes.



Kissing in Other Cultures

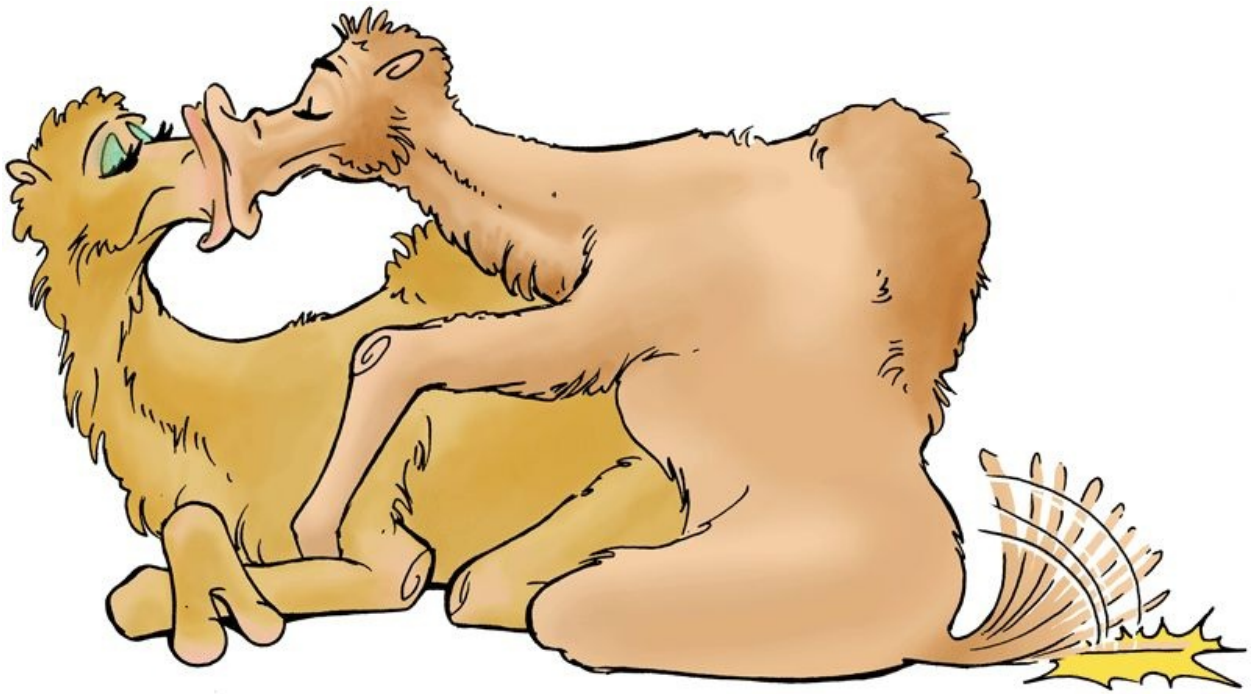
Instead of kissing on the lips, Eskimos allegedly rub noses. What's closer to the truth is that Eskimos put their noses in close proximity to inhale the breath of a loved one. Perhaps they do this to keep their lips from freezing together.

Eskimos find that inhaling the breath of a lover is erotic; those of us from more temperate climates prefer exchanging wads of saliva.

Passion Pits Then, Netflix and Chill Now

Drive-in theaters used to be called passion pits. They were where younger couples kissed, groped, and petted themselves into a frenzy. Drive in theaters were so popular fifty years ago that your parents or grandparents might have been conceived at one.

It never hurts to have a “Drive-In Night” in your living room or back yard if you have a projector. Don’t forget the popcorn and condoms.





The Importance of Getting Naked

In relationships, there are different kinds of nakedness. Sometimes, we just get physically naked. Other times, we get emotionally naked as well. For some people, getting naked in front of a lover is easy and natural. Some sext naked pictures of themselves. For others, getting naked can be stressful or embarrassing. They might engineer situations where they can get it on without taking their clothes off in front of a partner. (High school athletes are so uptight about getting naked in front of each other that a lot of them won't shower before an after game dance.) This should give you an idea of how powerful getting naked can be, and how vulnerable we can feel about our bodies.

As a culture, we are so uptight about nakedness that we don't have street-corner fountains with cherubs peeing into pools of water or public paintings of naked Botticelli babes. A bare crotch on primetime TV is about as common as a snowstorm in Siam. We've relegated naked genitals to porn.

Don't Sell Near-Nakedness Short

Many of us are more aroused by near-naked images than by actual nakedness. That's because near-nakedness allows more space for our fantasies to imagine what's under a thong, bikini, Speedos, or whatever. The suggestion of impending nakedness can bring all sorts of intrigue.

The Naked-Nipple Rule

In North America, we believe that a woman isn't really naked unless her nipples are showing. In Europe, they still don't understand the big fuss over nursing babies and naked nipples. We have the naked-nipple rule on most beaches in North America. Hopefully, you can violate this rule with a lover at home as often as you both like.

Getting Naked — Hidden Possibilities

A lot of honesty and trust can be generated when you are naked together, something that rarely develops if the sole purpose of taking your clothes off is to have sex. It's how a guy can learn to have his penis resting on a woman's soft, warm skin without feeling like he has to perform with it, and how her vagina and breasts can be pushing against him while she dozes off.

Some couples enjoy undressing each other, while others make a game out of taking their clothes off, from playing strip poker to lighthearted wrestling. Getting naked happens naturally if you shower together or go skinny-dipping. Sometimes it happens when you are hot-tubbing, and some couples like undress each other while dancing.

It can sometimes be helpful for partners to tell each other some of the things they do and don't like about their bodies. Some women worry about their butts being too big or their breasts being too small or mismatched, or that their labia are not porn perfect. Some guys worry they aren't hung well enough, or they might be hung too well, or they don't have six-pack abs like the dudes do in Daerick's illustrations. Getting your fears out in the open with a partner will usually help you feel more comfortable.

One way for the shy to share their nakedness is by getting a fun top or T-shirt to wear with nothing on underneath. Or maybe you'd like to try a pair of cool boxers or boardshorts.

Guys Worry: Is Wood Good or Not So Good?

When it comes to getting naked, men sometimes worry whether they should or shouldn't have a hard-on. It's fine either way. The point is learning to associate nakedness with something other than just sex or taking a shower. And some people don't have the slightest hesitation to get naked for sex, but if it's getting naked just to talk or hold each other, good luck. They may become fidgety and fire off a rapidly dismissive, "Sure, we'll have to try that sometime...." Perhaps that kind of nakedness feels too intimate.

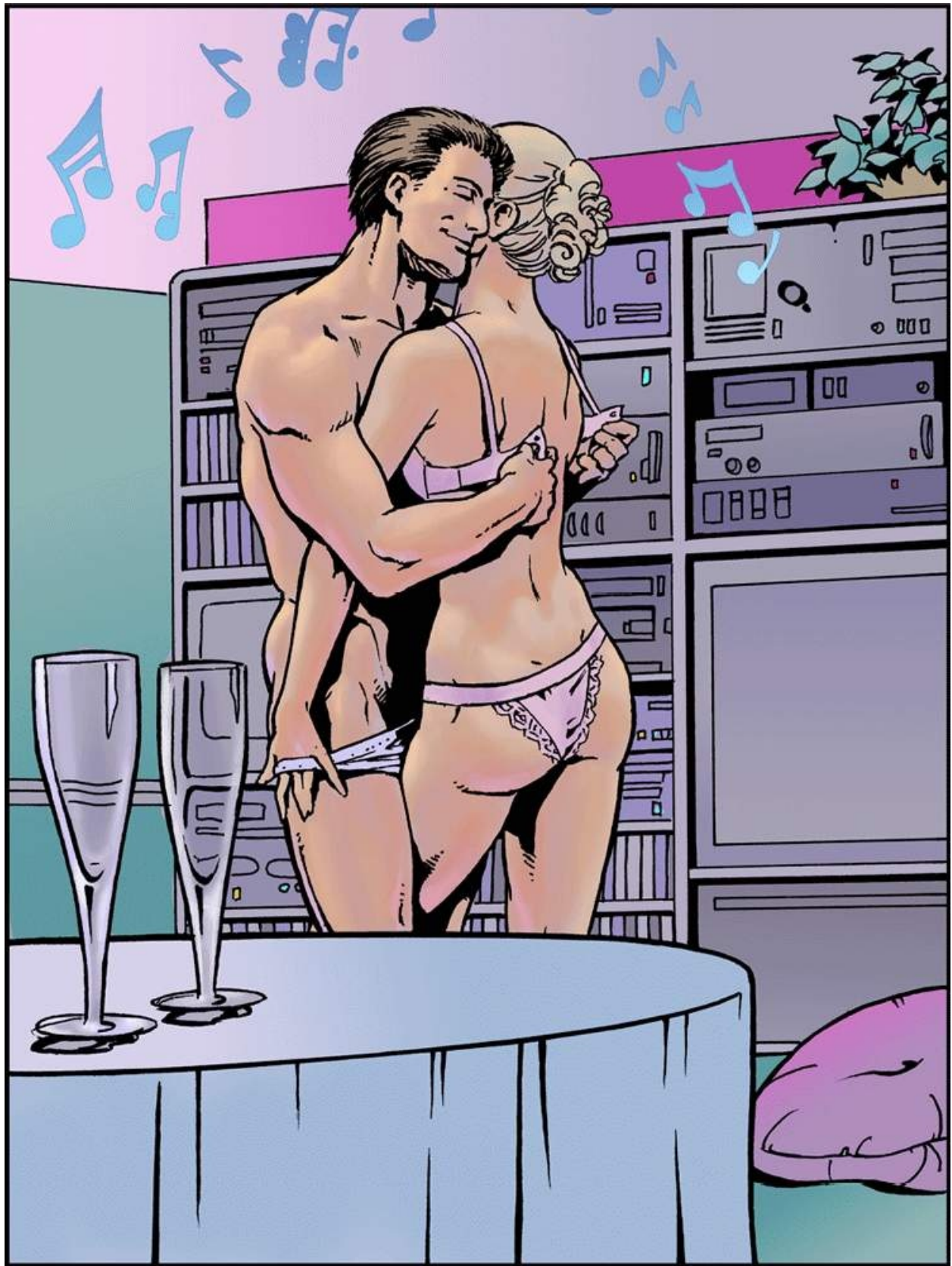
As for what to do after you've made love and are still naked, it might be nice to spend extra time holding and touching each other. Having orgasms clears the senses in a way that allows some of us to share a special kind of warmth and tenderness. (One reader comments, "Good luck on this one. I've spent a lot of lonely time while my partner sleeps immediately after orgasm.")

Stripping

Getting naked for an audience is called stripping. Until a few decades ago, stripping was something that only women did. Then male strip shows became popular. (Contrary to what you might think, it's the women at the male strip shows who go wild and get aggressive, while the male audience members at female strip shows are expected to totally behave themselves and quietly pay for lap dances.)

According to *The Stripper's Guide to Looking Great Naked* by Jennifer Axen and Leigh Phillips (Chronicle Books), a stripper's appeal is all about attitude and having her own style rather than sporting the perfect body. Forget going on strange diets, and spending hours at the gym.

The Stripper's Guide says that when comes to trimming your pubic hair, women with a voluptuous or well-endowed body might try a landing strip. The vertical line balances the curves and draws the eyes downward. A woman with an I-shaped body might go for a more natural-looking pubic bush which helps make her hips look more round and curvy, assuming she still has a bush.



Playing Strip Poker

A fun and time-honored way of getting naked together is to play strip poker. For a woman who unexpectedly finds herself in a game of strip poker but hasn't trimmed her pubic hair in a month and is wearing a granny bra, *The Stripper's Guide* suggests that she head for the bathroom for her three minutes of ABT "allowable bathroom time." She should stuff the granny bra into her purse or into a drawer (better to be totally topless than shirtless with an ugly bra). She should run her fingers under cold water and tweak her nipples. And if the cards aren't running her way and she loses her pants, she should make a show of taking them off, but sit with her legs crossed.

Cam Girls — Nakedness Makes Online History

Until the invention of the webcam in the late 1990s, if you wanted to see a stripper strip, you went to a club that featured strippers. But then came huge leaps in technology followed by JenniCam which featured the Internet's first cam girl.

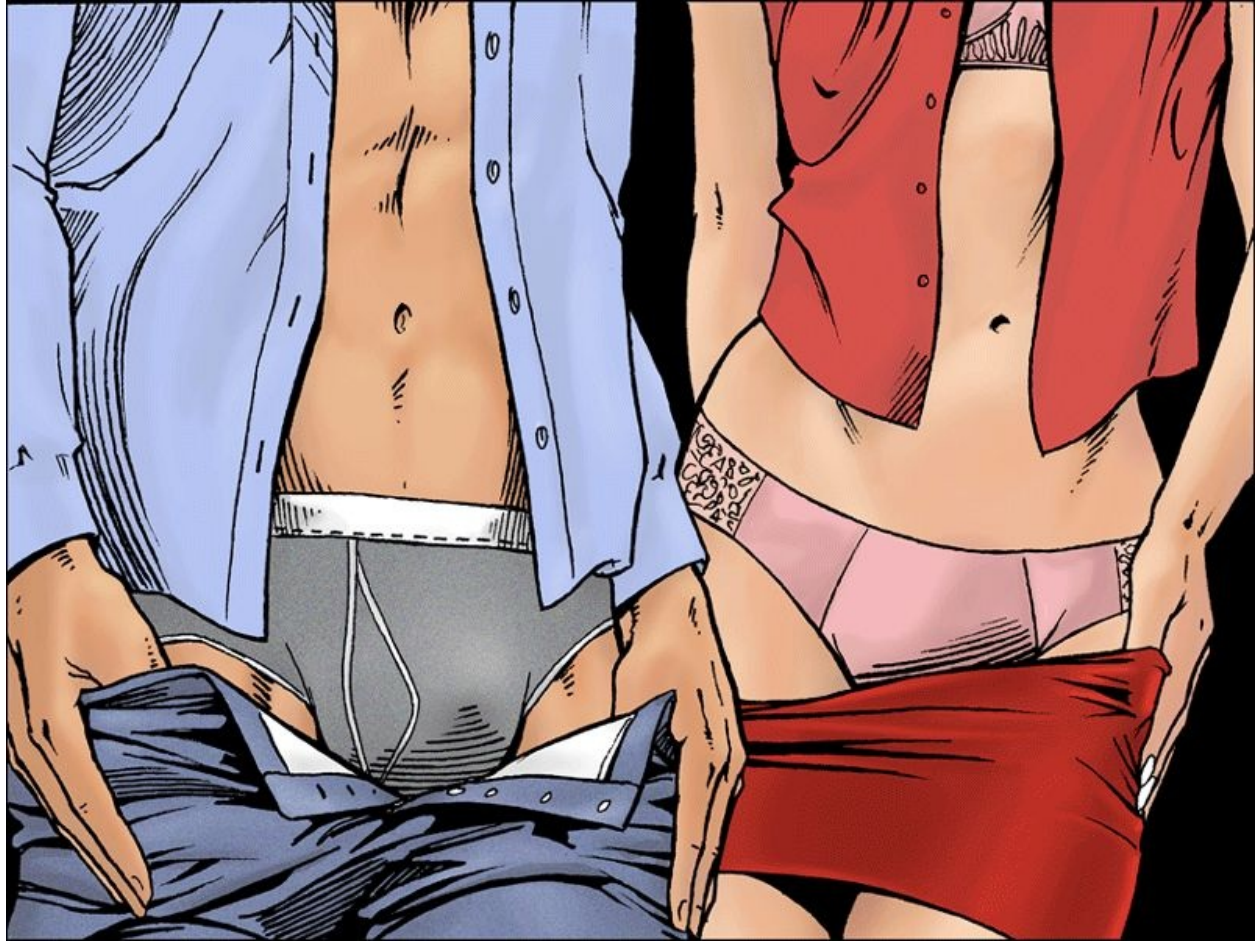
JenniCam was broadcast live from 19-year-old Jennifer's Ringley's dorm room in Dickinson College in 1996. There was only dialup back then, so the early webcams would only refresh once every three to five minutes. Live streaming wouldn't happen for years.

Early cam girls like Jenni were referred to as "lifecasters." They were the forerunners of reality TV shows like *Big Brother*.

The webcam was on in Jenni's dorm room 24/7. Much of the time, viewers would see nothing but an empty room, or they would see Jenni eating or reading. Jennicam viewership skyrocketed when her webcam started showing Jenni having sex with her boyfriend. It wasn't long before 3 to 4 million people a day were watching Jenni mostly do boring things, with a few minutes of sex thrown in every now and then. This was the magic of the early cam shows. Viewers could be the ultimate voyeurs.

A key part of the early cam girl experience was the blog or website where the cam girl would keep her diary or post her daily journal, answer viewer questions, and provide an archive of images. The early cam girl blogs were the Facebook pages of their day. But only a handful of cam girls would ever experience the level of celebrity and social networking fame that Jenni Ringley did.

JenniCam was live for seven years. It was the perfect intersection of technology, exhibitionism, and voyeurism. People would spend hours waiting to see not much of anything.



Naked and Getting Naked Underwear Tips

■ When going out, a woman might let a man know that she is not wearing underwear or reach into her purse and pull out a pair of panties while saying, “Oops, I forgot to put these on!”

■ Go down on your partner while she or he is still wearing underwear. You can reach under the material with your tongue or pull a partner’s underwear down with your teeth. If you are having a quickie, keep your underwear on and try working around it.

■ Dry humping with only your underwear on can be fun. Taking a shower or bath while one or both of you are wearing your underwear can be fun.

■ For men, the next time you are in a department store with your lover, nudge her into the men’s underwear department and ask her what style and colors she thinks might look best on you.

■ Some guys get very turned on when a partner is wearing pantyhose. If that’s the case, a woman might try cutting out the cotton crotch on a pair of pantyhose. (She should cut out the crotch on the inside of the seam so they don’t unravel.) Her lover can then go down on her or they can have intercourse while she is wearing the pantyhose with the new ventilation system. She can also purchase crotchless underwear, but probably not at Walmart or Target.



On the Penis

This chapter was written for women readers, although the men who have seen it claim to be amused. The topic is boys and their toys. Hopefully the following pages provide some insight into the relationship between a man and his weenie.

Toys, Pain & Pleasure

As a woman, the first thing you will find out about penises and testicles is that most guys take them way too seriously. There are reasons for this:

■ The penis is the only childhood toy that a guy gets to keep and play with throughout his entire life. It is the only toy he will ever own that feels good when he tugs on it, that changes size and shape, and is activated by the realm of the senses. You won't find that at Amazon.

■ One of the first things a man does when he wakes up in the morning and the last thing he does at night is to grab his penis and testicles. It's a ritual of self-affirmation that has little to do with sexual stimulation. A daytime extension of this is known as pocket pool.

■ The average male pees between five and seven times a day. Each time he pees he has a ritual, from the way he pulls his penis out to how he wags it when he's done. When he is peeing alone a guy will often invent imaginary targets in the toilet to gun for. An especially fine time is had when a cigarette butt has been left behind. Gunning for floating cigarette butts is the male urinary equivalent of playing video games. While this may be a difficult concept for a woman to fully grasp, it makes for a certain amount of familiarity, friendship, and bonding between a man and his penis.

■ How many women look down when they are peeing to see what's coming out of their bodies? Guys look down often. As a result, we males get visual reinforcement for the feelings we have in our genitals when we pee. Between erections, pocket pool, package adjustments and peeing, guys have more sensory experience with the penis than most women have with their vaginas. This must be why women sometimes call us "Dicks!" (Women have hand-eye-genital experiences when they use tampons and shave, but that doesn't start until after puberty and it's often associated with blood, cramps and razor burn.)

■ You wouldn't believe how often the human male experiences a jolt of pain in his testicles. It is a discomfort that gives a guy the kind of extra-

personal relationship with his reproductive equipment that menstruating women have with theirs. The source of agony can be anything from an elbow during a game of basketball to simply bending over and having your pants crimp the life force out of you. One of the great culprits in male testicular angst is the horizontal bar on the bicycle frame. It's where boys' balls land when a foot slips off the pedal. Why is it that girls' bicycle frames are V-shaped when it's guys who need the V?

■ This may be difficult to fully appreciate, but there is the matter of the unwanted hard-on. The unwanted hard-on usually strikes with ferociousness first thing in the morning. Not only does it interfere with the ability to relieve a full bladder, but it provides logistical problems for a guy who has walk down shared hallways to get to the bathroom. The unwanted hard-on can actually feel painful for its most frequent victim, the adolescent male. The unwanted hard-on is much less of a problem after a man turns thirty, and by the time he's forty it is an event accompanied by a sigh of relief and a moment of thanks.

■ Porn teaches us that sexual pleasure between a man and a woman depends on the man's ability to get hard and stay hard. What a demented view of sex. This puts a lot of pressure on guys to be consummate cocksmen. It makes us more dick-centered than necessary, at the expense of everyone.

■ When life is full of despair, the one thing a man can usually count on for a good feeling is his penis, unless matters are totally out of hand, in which case he needs to consider something stronger like tequila or prayer.

These items aside, the most important thing for a woman to know about a penis is how it figures into a man's concept of his own manliness. Ridiculous, but important.

Weirdness in Locker Rooms

You might think that a man's primary concern about penis size has to do with what a sexual partner might think. But how he stacks up among his bros is just as important. When we asked men if they feel comfortable about being naked in the locker room, the majority answered the question as if they'd been asked about penis size, even if the words *penis* and *size* were never part of the question. These are the exact answers men gave:

“How do you feel about being naked in the locker room?”

“I used to feel uncomfortable back in my freshman year of high school. Then I realized that I was really a little bigger than average.” *male age 21*

“I used to think that my penis was really small, and so I was shy about it. As it turns out, I'm on the high end of average when erect: I'm just not a hanger.” *male age 32*

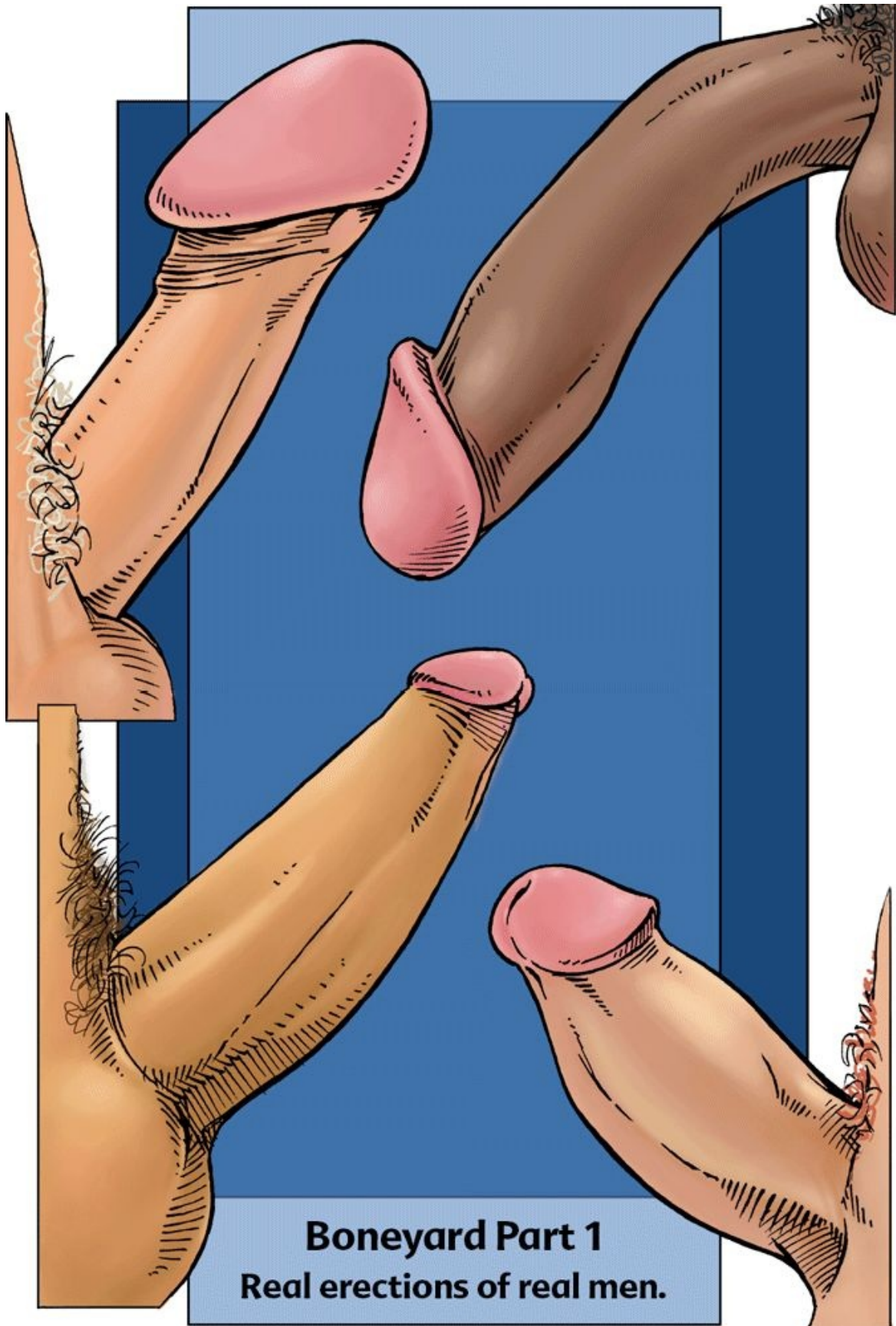
“I have an inferiority complex about the size of my penis. I don't care how many studies tell me that I am right in the middle of the curve, I will always feel small.” *male age 25*

“I was raised in strict religious environment, so nudity of any kind was a no-no. My equipment is pretty small and I was a late bloomer. All this adds up to being very shy about my own appearance. In junior high and high school, when ‘naked locker time’ was mandatory, I would arrive as early as possible and change quickly so others wouldn't see me. If others were around me without clothes on, I gave myself tunnel vision or imaginary blinders so I wouldn't see other guys' equipment. I didn't want to be perceived as gay, and glancing around was a good way to get yourself taunted at least, beat up at worst.” *male age 41*

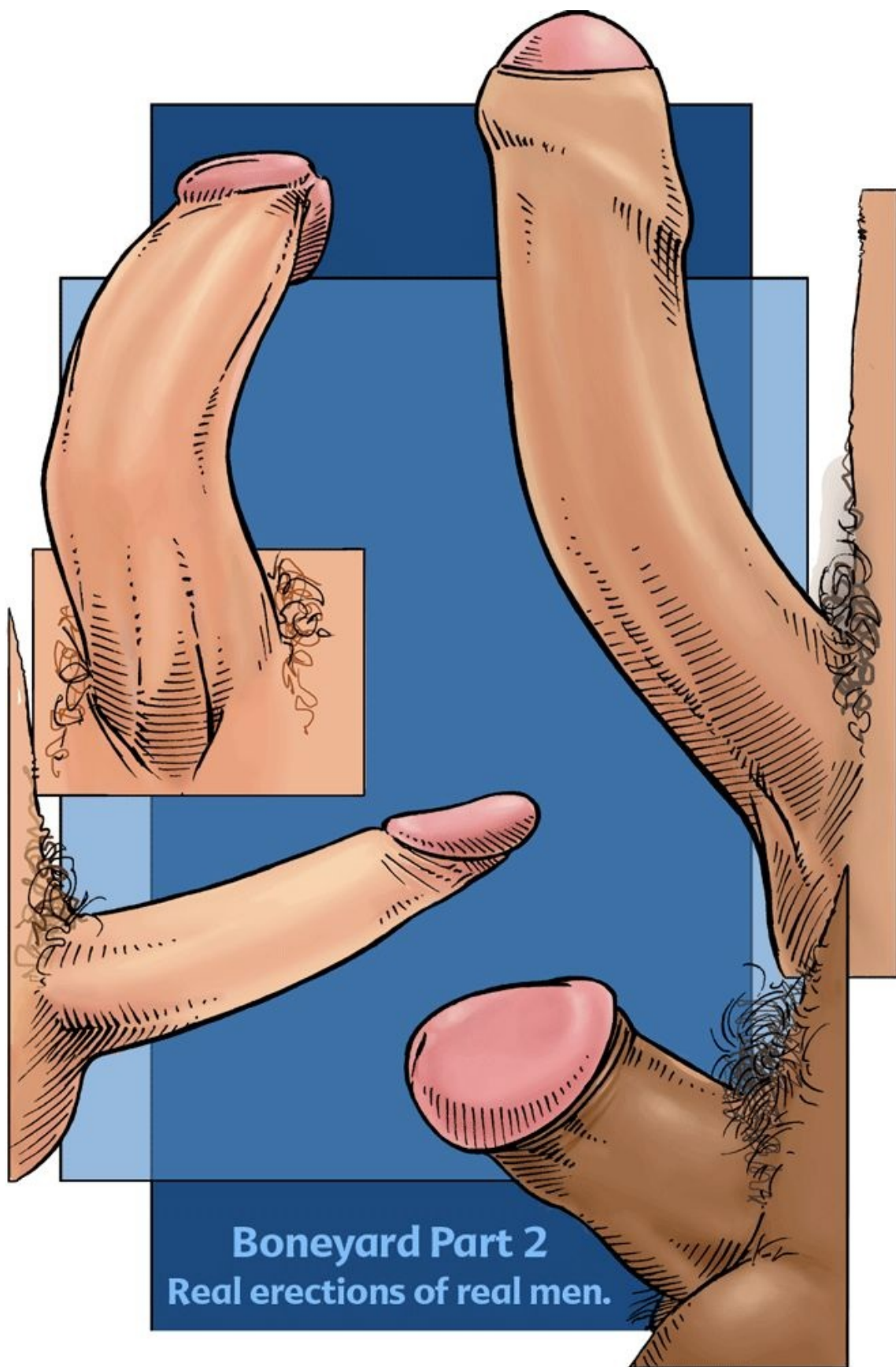
The men who said they were comfortable in the locker room often made reference to their penis size, indicating they were well hung. You can almost predict how a man feels about being naked by asking how he feels about the size of his penis. Hopefully, the following from a Marine who has been in combat helps provide perspective:

“The tradition of group showers is still strong in the Marine Corps. It makes us more comfortable with each other, and if you are trusting a guy to save your life, do you really think penis size is that big a deal? Before the military though, I worried I didn’t ‘measure up.’” *male age 27*

As for guys checking out other guys, you would think this curiosity would decrease as they get to be adults. Not so, according to researchers who hung out in rest rooms at a San Diego Padres game and covertly studied a hundred different men who were peeing.



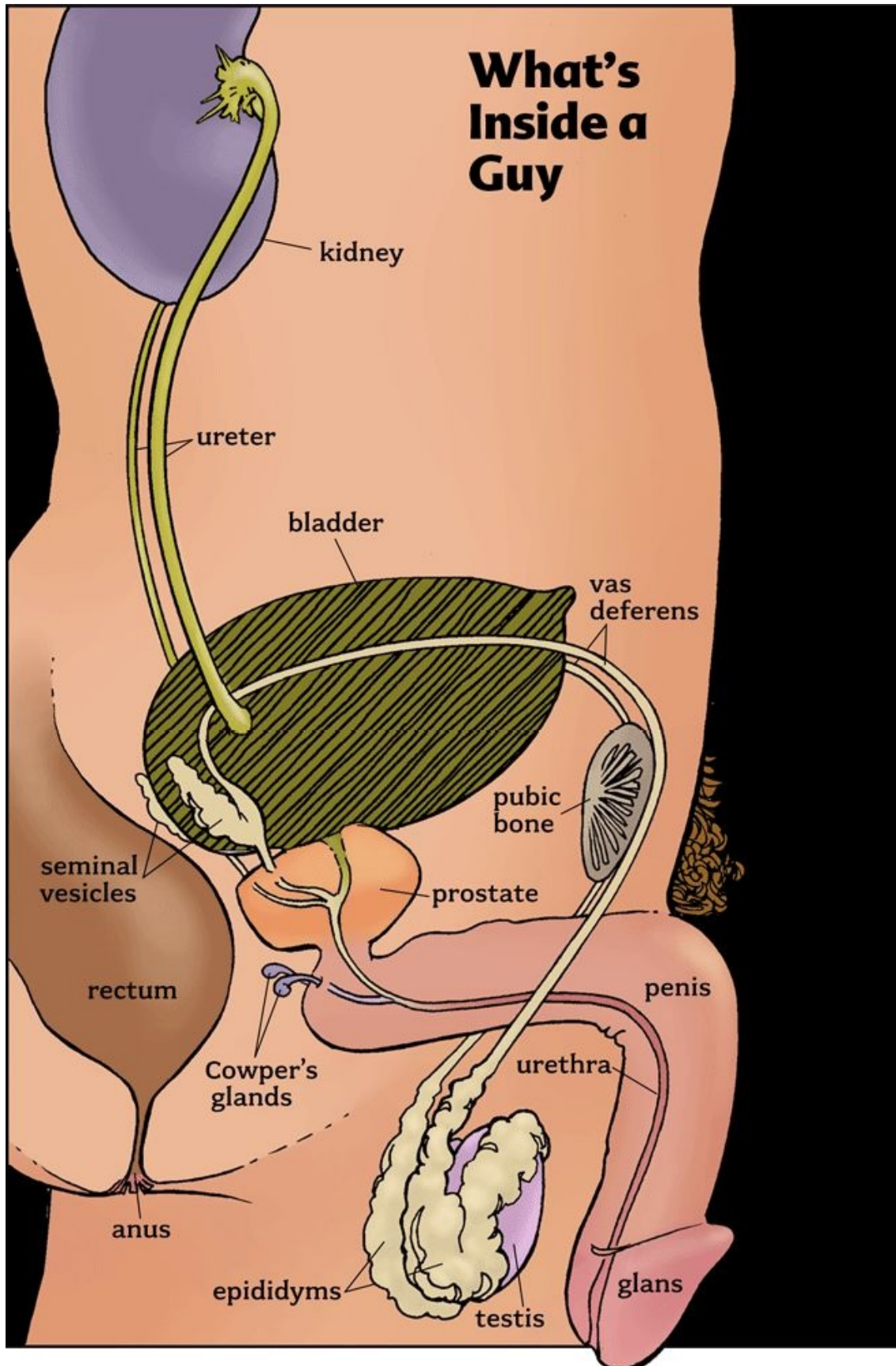
Boneyard Part 1
Real erections of real men.



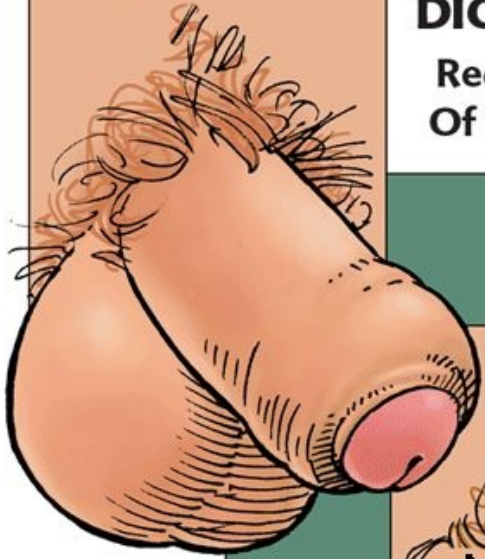
Boneyard Part 2
Real erections of real men.

From these drawings of real-life erections, you can see that terms like “6 inches” or “normal” are meaningless. All of these erect penises are normal, yet very different from each other. In studies that included 15,521 penises, the average length of an erect penis was about 5.25 to 5.5 inches. The average circumference was close to 4.5 inches. The average length when not erect was about 3 inches. A penis that is 7 inches long when erect is in the upper 97th percentile of all penises. It’s reasonable to assume that guys who are in porn or who upload videos of themselves have the largest 1% to 10% of all penises.

What's Inside a Guy



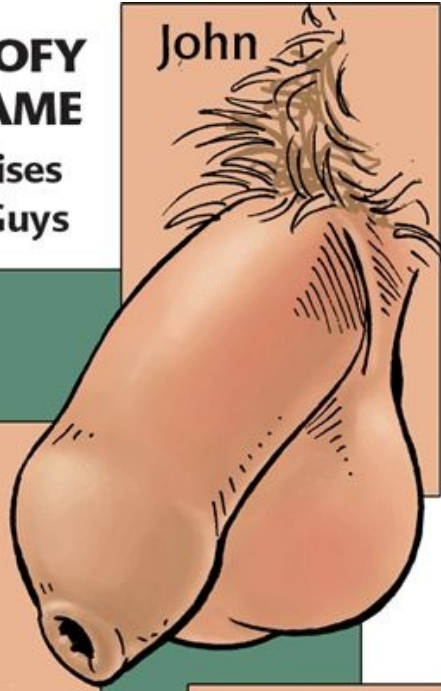
Stephen



THE GOOFY DICK GAME

Real Penises
Of Real Guys

John



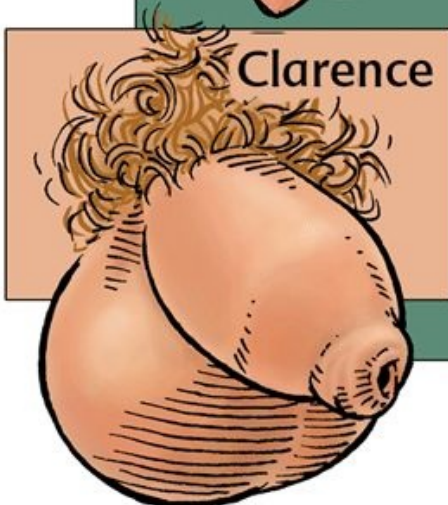
Neil



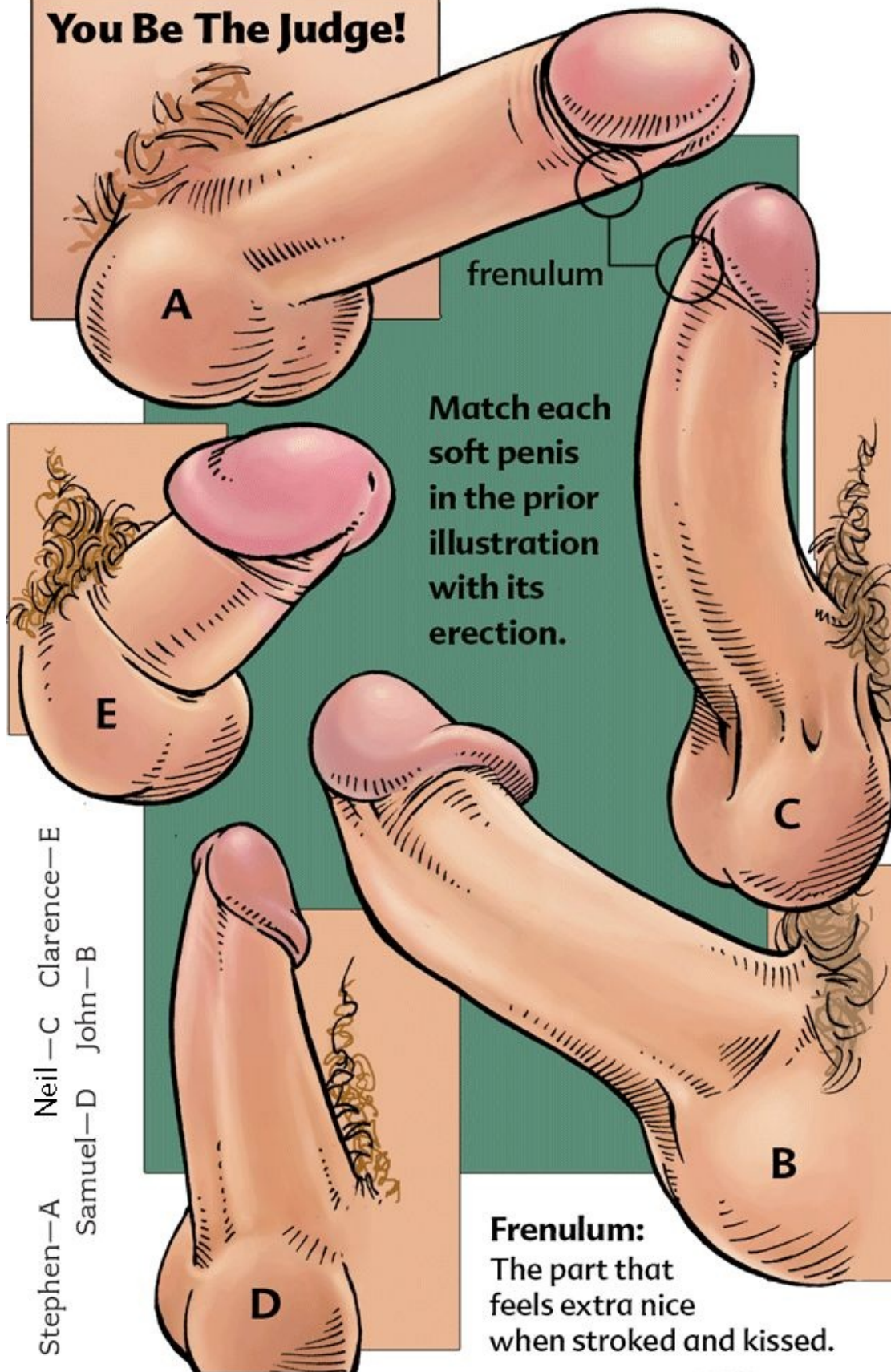
Samuel



Clarence



You Be The Judge!



Frenulum:
The part that feels extra nice when stroked and kissed.

Stephen—A Neil—C Clarence—E
Samuel—D John—B

Many of the men who were using the urinals made an attempt to check out the equipment of whomever was peeing next to them. Also, men who were well-endowed went out of their way to show their bigger units to the other men who were peeing. These tendencies might be more true of Padres fans than, say, Diamondbacks fans, who are usually too busy weeping in the men's room to check out the size of the other boys' bats. But if you are a man who has ever glanced down at another man's penis when you are peeing, take comfort in knowing that you are probably normal.

Manliness — What Is It?

In our culture, being manly means you don't act gay. It also means if you have feminine parts to your character, you keep them hidden. But that's an attempt to define masculinity by saying what it supposedly isn't.

What is being masculine? Is it a physical way of being? Is it a state of mind? Is it what your dick gets hard over? This Guide's definition of masculinity keeps evolving. Here it is in its current state (on the next page, anyway). As you will notice, it says nothing about being gay or straight, because that has nothing to do with masculinity.

• • DO YOU WANT • • A LARGER PENIS?

If having a small penis makes you self-conscious, you can now add up to 3" in just minutes. No matter what size you are, you can add inches & make it thicker & firmer. An amazing new product! Not a pill or drug: not weights or a pump but a natural way to prosthetically increase your penis to its maximum potential. Increases your power & makes you the stud you always wanted to be.

**REGULAR
& 10**

SMALL PENIS? ERECTION PROBLEMS?

LINGA-100 is the pure, natural laboratory blend designed to actually enlarge the penis and induce & maintain multiple, long term erections. LINGA-100 allows a more intense, deeply satisfying male climax while developing sexual power, physical strength and mental awareness. LINGA-100 was developed by top Swiss scientists involved in natural sex hormone research. Thousands of European men have experienced dramatic results. Impotency overcome. Increases in or size one-to two inch not up m-

Male Enhancement?

Ads like these have flooded the backs of newspapers and magazines since the 1800s. We now have TV infomercials and e-mails promoting products for "natural male enhancement." The products don't work. They never have, but the scams still do.

Masculinity Defined

Masculinity is mostly an invention of modern culture. It doesn't have a huge foundation in science or nature, yet it remains a powerful force in the way we view ourselves and each other.

To be manly or masculine, a guy should be a responsible person who can be independent when the occasion demands. He should try to be caring, comforting, and kind. He should be able to give and receive physical and emotional tenderness without being too controlling. He should have values and a good work ethic, and he shouldn't need to prove his masculinity by trying to scare or intimidate others.

He should have a presence that's greater than the Nike symbol on his

shoes or the UnderArmour logo on his shirt. If there's a tough job to be done, he should volunteer to do it no matter how much he doesn't want to.

He should rarely whine or blame others for his own screw ups. He doesn't need to have a vagina-seeking sensor at the end of his penis, and his physical appearance can range from geek to movie star. Showering to prevent smelly balls and pits should be a priority.

Some men have none of these qualities, but appear to be studs nonetheless. These are guys who usually take their penises too seriously. That is because the only way they can convince themselves they are real men is by performing manly activities or drinking lots of beer or doing drugs, and then having a vagina nearby they can stick themselves into. They are more show than substance.

The man who doesn't take his penis too seriously doesn't flake out when it comes to doing the dishes. He may have his passions in life, often sports, music, gaming, work, or trying to fix things (sometimes successfully), but these usually help to center rather than isolate him. Sex with him is a natural extension of your friendship. It makes all the sense in the world.

As for "curing" the kind of man who takes his penis too seriously, you can't. No human being has ever changed because someone else wanted him or her to. It's something that has to come from within. Friends and lovers can sometimes help if they are willing to call the guy on his nonsense, but they can't make the changes for him.

Why It's Difficult to Be Satisfied By a Guy Who Takes His Penis Too Seriously

A penis is sometimes used to camouflage what's missing inside a man, as well as what's missing in a relationship. If a guy demands that his penis has a disproportionate amount of attention, then it gets in the way of his being at one with a lover.

Unfortunately, a lot of women grew up thinking that a distant, self-involved, dick-centered type of guy is what manhood is all about. Or they hook up with whiney dudes who they need to take care of. As a result, they end up with men whom they can never really get close to and spend the rest of their lives complaining about what duds men are.

Dumbed Down Dudes?

Researchers have been trying to figure out why the ratio of women to men on college campuses is approaching 2 to 1, given how it used to be the other way around not long ago. One of the things they are finding is that a lot of young men don't think it looks good to be smart. They think it's cool to be dumb.

Seriously?

The parents of girls often tell them "If you work hard, you can be whatever you want to be when you grow up." The "whatever you want to be" part might be a little extreme, but it could be that more parents should be providing their sons with more guidance and expecting more from them than is currently the case. And women should think twice about having sex with men who think it's cool to be dumb. What if the condom breaks and you end up having a kid with the guy?

The Penile-Pumping Regatta

Some men lose emotional connection once intercourse begins. Sex becomes a penile pumping regatta in order to prove dick-worthiness. This can be really boring for both partners.

To give you an idea of how much insecurity is involved, consider the words of a 29-year-old man who is starting to question why he takes his penis so seriously:

“It’s like, I attack sex. I’m afraid of slowing it down. If I’m gonna be fucking, I’ll fuck like crazy, gotta have a huge dick and fuck like crazy to avoid dealing with whatever’s making me anxious. Women have always said to me, ‘God, you can’t get enough.’ But I think the reason I can’t get enough is that if I slow down, the fears start to crowd in on me. Does this woman really want to be with me? Is she going to leave? Is my cock good enough? It’s hard for me not to use sex as a seal of approval.”

—From Harry Maurer’s *Sex: An Oral History*, Viking Press

Porn merely reinforces paranoia about dick worthiness. The fact that most porn actors consume nearly fatal amounts of Viagra to stay hard is lost on most men and women. And there are plenty of women who have their own insecurities. (Is getting breast implants or wearing a padded bra all that different from this guy’s need for a perfect penis?)

Sexual Awareness: Hood Ornaments vs. Wet Triangles

When it comes to sexual awareness, the penis is positioned like the hood ornament on a car. It's difficult to ignore what your hood ornament is telling you. Sometimes we guys aren't even aware we are sexually aroused until we feel ourselves starting to get hard.

Women are not conditioned from early childhood to associate sexual arousal with specific body cues in the way that men are. While their genitals often swell and lubricate, the flags that get waved are sometimes more subtle. Most of the changes happen on the inside and can be chalked-up to a tingly sensation between their legs. Besides, "good" girls are usually taught to ignore their body's sexual cues.

While the penis can be a reliable indicator of sexual excitement, it does have its share of false positives and occasional negatives.

How a Penis Gets Hard

The penis contains three chambers inside that run the length of it. Two of the chambers are responsible for making it hard or rigid. They are called the corpus cavernosa. They run parallel to each other up the shaft of the penis. Think of a double-barrel shotgun, and that's how they sit next to each other. These two chambers are made of spongy material and are covered by a thin but extremely tough exterior. To make a penis erect, they fill up with blood. This makes them inflate. It puts pressure on the exterior covering and causes each of the chambers to feel hard. As a result, the blood pressure in an erect penis is way higher than the blood pressure in the rest of a man's body.

These chambers run beneath a man's testicles and are anchored inside of his pelvis. That way, he can't pull his penis off of his body when he's masturbating.

The third chamber that is inside of the penis is made of a similar spongy tissue as the corpus cavernosa. It is called the corpus spongiosum. It encircles the urethra, or the tube that a man pees and ejaculates through. While this tube expands during erection, it doesn't have a tough exterior covering like the other two tubes in the penis, so the surface doesn't become hard or rigid. If it did, it would crimp shut the urethra and there's no way a guy could ejaculate through it.

The corpus spongiosum also forms the head of the penis. While the head of the penis expands or mushrooms during erection, it stays relatively soft.

Unwanted Wood

“For some reason, out of nowhere, your penis starts to get hard, and it is extremely difficult to stop.” *male age 25*

“It’s totally embarrassing. You just want to get up and go, but you can’t. So you start pulling on your shirt or sweater to try to cover up the bulge. You become very self-conscious; you think everyone is looking at your crotch.” *male age 43*

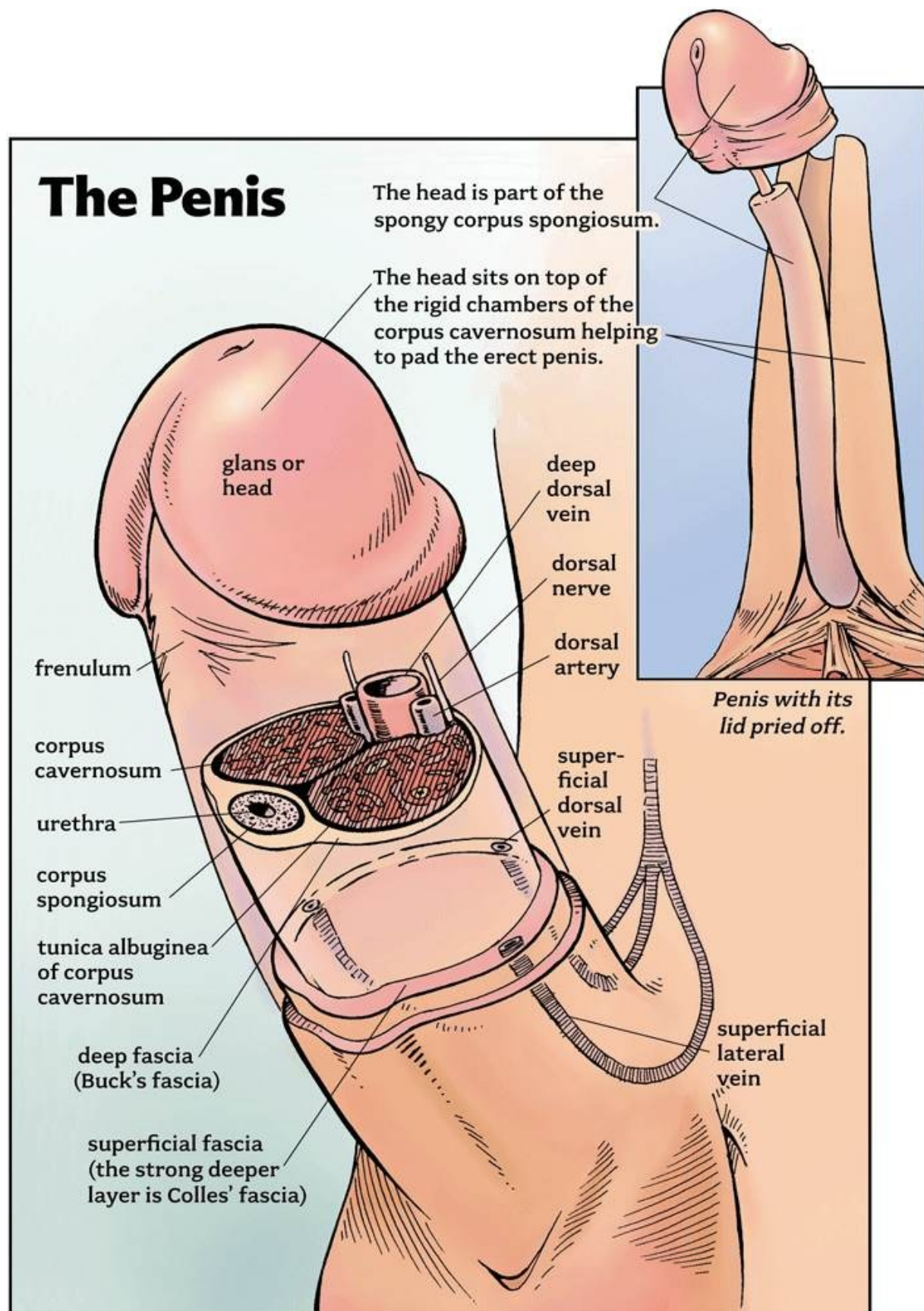
“It’s like being in an elevator with an umbrella that will not go down.”
male age 42

“It can physically hurt when your penis is trapped in your jeans pointing downward and it suddenly gets hard for no reason whatsoever.” *male age 26*

“Most of my memories of unwanted erections were at school, generally during class, and I was terrified that someone would notice.” *male age 24*

“I travel a lot for business and sometimes wake up erect after a flight. It’s terribly embarrassing. If I can’t think the damn thing down, then I have to go through the tricky maneuver of flipping it up, trapping it under my waistband without being noticed, and keeping my briefcase in front of me when I stand.” *male age 25*

The Penis



Women often assume that a hard-on means that a man is sexually aroused, and that no rise in his pants means he isn't. If only it were that simple. Consider the occurrence of the unwanted hard-on: The average teenage male is capable of getting a totally unwanted hard-on in the middle of an algebra test for absolutely no reason, unless he is a member of that rare breed who finds polynomial equations sexually arousing. When you are a young man, hard-ons just happen; nobody is more befuddled than the possessor of the penis. To say that all hard-ons are a sign of sexual excitement badly overstates the case. One reader took a bad grade in an early-morning high school class because he couldn't go to the chalkboard due to his unwanted erections. His only thoughts were of embarrassment, not sex.

In addition to getting unwanted hard-ons, there are times when a man can feel highly aroused, yet either fail to get hard or have it go limp when he needs it the most (floppus erectus).

Hiding an Unwanted Erection

Guys have no more control over unwanted erections than women do over getting their periods. So thinking about awful things like french-kissing your grandmother isn't going to bring a raging hard-on down because it's probably not about sex to begin with. Pinching yourself until you bleed won't help, and jerking off more often than you already do won't change a thing. Since you can't prevent unwanted erections, it helps to have ways to hide them.

Avoid wearing sweat pants in public places. The sweat pant material is more likely to drape around your erection and show it off. Wear pants that are made of more rigid material like denim. You might avoid skinny jeans until unwanted hard-ons are less of a problem..

Baggy untucked Ts or sweat shirts have been saving men from boner embarrassment since the beginning of time. The same is true for a briefcase, backpack or laptop bag with long straps that you can casually shift in front of your crotch. If your erection normally points upward, put your hands in your pockets and nudge it under the waistband of your briefs or boxers. This maneuver is called a 'waistband tuck.'

False Negatives: When Gravity Dings the Dong

Confucius says, If limp dick is worst thing that happens to your relationship, you live charmed life.

Hopefully, your lovemaking isn't solely dependent on the man's ability to get hard. If it is, your sexual relationship might be somewhat limited. It's also disconcerting to think that your entire sex life would be centered on the whims of the average penis, hard or soft.

Regarding the biology of erections, it is perfectly normal for a hard penis to partly deflate every fifteen minutes or so. As for the psychology of erections, hard-ons have been known to fly south for varying periods of time, from a single day to who knows how long.

The most unhelpful thing a woman can do when a guy can't get it up is to become defensive. Women often assume that erection failures mean the man doesn't find them attractive or that he might be gay. These are possibilities. But there are a billion other reasons for not being able to get an erection, from fearing you won't be good in bed to what just happened on Wall Street. Physical problems like diabetes can also be a factor. Given the stress of living in the modern world, it's a wonder we men are able to get it up as often as we do.

While most of us have been raised to think of a limp penis as a sign of failure, it's more productive to view it as an opportunity to bring a man and woman closer together. At the very least, it will force him to become better at pleasing a partner with his lips, tongue, fingers and imagination.

Betty on Dick

The following passage is from Betty Dodson's classic *Sex for One* from Harmony Books. In addressing the issue of misbehaving penises, Ms. Dodson speaks with welcome concern:

“Although I ran only a dozen men's groups, the experience helped me to let go of my old conviction that men got a better deal when it came to sex.... I thought they could always have easy orgasms even with casual sex, and I envied their never having to worry about the biological realities of periods or pregnancies. But the truth is that not all men are able to be assertive studs who make out all the time.... The most consistent sex problem for many men in the workshops was owning a penis that seemed to have a will of its own. An unpredictable sex organ that got hard when no one was around and then refused to become erect when a man was holding the woman of his dreams in his arms....”

If this sounds familiar, tell your partner there probably isn't a woman alive who wouldn't be happy to receive a long, lingering back rub and oral sex in the place of intercourse. Or what about a go at an orgasm from [Chapter 19. Zen of Finger Fucking](#)? If his woody won't work, let him know there are plenty of other ways to please you sexually.

This Guide's Philosophy

Never, ever let a recalcitrant penis ruin sex for either of you!

When Young Men Use Boner Drugs Recreationally

There is an increasing number of young men who don't have erection problems but take erection drugs for recreational purposes. This might be due to unreal expectations that their penis needs to be like that of porn stars, many of whom are taking erection drugs themselves.

Young men who don't need erection drugs but start taking them can become psychologically dependent on boner drugs. They can also expect themselves to have erections that are harder than normal and are quicker to rebound.

Nature didn't create erections to be like baseball bats. Normal is not porn perfect. So no matter what your age, if you don't need erection pills, don't take them. The money would be better spent on romance. The following personal account from a reader echoes this concern:

"I was dealing with a pretty complicated personal life, along with stress and mild depression. So my erections weren't as consistent as I would have liked. My doc prescribed Viagra, at my request. I was able to take it and get a good effect from very small doses, which means it was probably just working as a mental crutch. Later I found myself with an interesting feeling of psychological dependence on the Viagra pills. They made me lazy. I didn't have to worry about relaxing, clearing my head, being present, the pills did all the work. Plus, I would psych myself into problems, by worrying about not taking the Viagra, then worry myself into having problems, and then feeling shitty if I had problems and hadn't taken it. It was a very interesting dog-chasing-its tail syndrome."

"So when they describe folks as addicted to Viagra, I get it. Even for young men, it can serve as a psychological crutch, taking off a lot of the very significant pressure we feel to get hard at a moment's notice. Even now, after not taking them for months, if I have the slightest twinge of low response, I can start to panic, and this can create a cascade effect where I keep thinking about how that little pill would solve everything..."

In case you are concerned about your erections not being perfect, take solace

in knowing that after receiving 5,000 sex surveys from women over the past ten years, there have been very few complaints about a lover's ability to get an erection.

Penis Perceptions Driven By Porn

Dr. Stephanie Buehler, a therapist with years of experience, has been seeing an increasing number of normal young men who she says:

“Believe they should be studs who are able to perform any time, anywhere, with anyone at a moment’s notice.”

Physically, these young men are perfectly normal, but they think there is something wrong with them because they can’t perform like the men in porn. This is especially unfortunate because one of the things women want most in a potential partner is a good personality. (Men in porn aren’t defined by their personalities.) Porn is also helping drive unreal expectations in some women about the sexual abilities of men.



Dear Paul,

My boyfriend always wakes up in the morning with an erection. But when we start having intercourse, it goes down. He doesn’t have this problem any other time. What’s up?

Gretta in Marietta

Dear Gretta,

The erection your boyfriend has when he first wakes up is little more than a limp penis trapped inside of a raging hard-on. It happens because he wakes up while dreaming. Men usually have three or four erections during a normal night of sleep. These are caused by the changes in the body that happen during REM or dream sleep. They are triggered by a different part of the brain than normal erections. So your boyfriend is waking up with a leftover sleep erection. Men get them whether they’re dreaming about being chased by wolves or being kissed by the love of their life.

Although his penis looks and feels hard, it's not the kind of erection he gets when he's been thinking about you. Even if it seems like it's ready for action, treat his penis like it's a floppy one that needs to be aroused. Try kissing or playing with it before jumping his bone(s). This might help turn it into a waking-state erection that's sex worthy.

Since his erection was not born from sexual desire, don't assume that your boyfriend feels like having intercourse. He might feel better if he could pee and brush his teeth. Or he may be just fine having sex with a full bladder and dragon breath.

Do a search for "morning wood" at www.Guide2Getting.com to see how men from our sex survey describe how their waking erections feel versus the erections they get when they are awake and sexually aroused.

Wet Dreams & Dry Dreams

A wet dream is when a guy has ejaculated in his sleep and managed to leave a sticky mess in his underwear, pajamas or on the sheets. However, plenty of orgasms when dreaming are dry, so the term “wet dream” a misnomer. And men will sometimes ejaculate in their sleep and not remember having had an orgasm or even dreaming about sex.

Both men and women have sex dreams. Men have them more often as teenagers, with the frequency decreasing as they get older. Most women don't start having sex dreams until they are in their twenties.

Some guys think they are more likely to have a wet dream if they don't masturbate. This usually doesn't work. A person can have a wet dream the same night he or she masturbates or has sex. So not masturbating probably won't increase your chances of having dream sex.

Amber Streams

Every once in a while a girlfriend will ask a guy if she can stand behind him and hold his penis while he pees. This is a completely normal request born of normal curiosity. But be forewarned that you are sometimes giggling so hard that the entire bathroom becomes a target. On the other hand, women sometimes do a better job of aiming the thing than we men do. One reader says she loves grabbing her husband's penis and writing their names in the snow with its amber stream.

Cramped Penis Alert

When a guy is wearing pants and he gets an erection, his penis will often be trapped in a downward or horizontal position. While it might be presumptuous for a woman to lend a helping hand if you are making out on a first date and his penis gets hard, it can be a nice gesture when you've been dating for awhile to reach inside his pants and pull his penis up so its head is pointing up unless it naturally bends down.

Getting Older

As things get older, they start to petrify or harden. This is true for logs, fossils and the human brain. Unfortunately, it is not true for the penis. As a penis approaches its fifth decade, it tends to petrify less fully than it did earlier in life. It can also squirt less fluid during ejaculation. Some women will cling to this information like a ray of hope, while others will be disappointed. As man gets older, he can compensate with wit and wisdom for what he loses in hardness and volume.

First Ejaculation

Before puberty, a young dude can stroke his pecker until it nearly falls off, but his orgasms will be dry except for a few drops of precum. This will change during puberty. Puberty kicks the prostate gland, seminal vesicles and testicles into semen-making mode. It creates semen and an adult ejaculation.

The process of going from a few drops to a full wad can be wonderful if you know what to expect. It can be disturbing if a guy hasn't been told about ejaculation and he masturbates for the first time after entering puberty. Here's how boys used to react to their first ejaculation before porn was so easy to access:

“I was eleven and discovered this new feeling when I rubbed this silky part of my blanket over my penis, so I kept doing it. Eventually, I got this intense feeling in my groin and then there was this goop everywhere. I was completely freaked and grossed out. I thought that I broke myself, but was too afraid to tell my parents.” *male age 34*

“I was sure anything that felt THAT good had to be sinful and that my ejaculate was evidence that I was damaging my insides. Each time I'd masturbate (almost daily) I would feel horrible guilt afterward and swear to God that I would never do it again.” *male age 44*

“I had heard about masturbation while sitting in the back of the school bus. When I tried it just the way the kids told me, it was almost like pain. For weeks I would stop short of actual orgasm for fear that I would do some sort of internal damage to myself. Finally, one day I kept rubbing through my fear and found that I enjoyed the hurting tremendously.” *male age 35*

Today, most boys watch porn before puberty and know it's normal for men to produce a wad of semen.

Men Who Have Multiple Orgasms before They Shoot Semen

Most males experience orgasm as an overlapping two-part process—sensation and ejaculation. But some guys have learned to separate the two events and have a couple of orgasms before they ejaculate. According to Dr. Marian Dunn, who interviewed a number of men with this ability, a common thread was that their partner remained in a state of high sexual excitement after the man's first feeling of orgasm. This seemed to provide a path of feedback that the man could feel in his penis as it remained inside her vagina. It's also likely that the men had really good control to begin with.

Some of the men had small ejaculations with each orgasm, while others didn't ejaculate until the end. Some had been able to do this all of their lives; others had learned it recently. The men who had always been able to do it assumed that all men could and were surprised when a sexual partner pointed out the difference. This should not be confused with delayed ejaculation, where the man wants to have an orgasm but is unable to.

Hormone Advisory: The Impact of Testosterone

The bulk of men's testosterone is produced by the testicles. Men with higher levels of testosterone are more likely to be on the football or rugby team than men with lower levels of testosterone. They're more likely to be aggressive, to want to show off more to women, to want to pump iron, and they'll probably want to have sex more often than men with lower testosterone. Men with high levels of testosterone are also more likely to be in prison and they are more likely to be unemployed.

Men with lower or more moderate levels of testosterone tend to be more agreeable and less reactive than men with high testosterone. So a general or a diplomat whose effectiveness depends on consensus building rather than impulsivity is more likely to have a lower level of testosterone than a soldier who loves the rush of battle. And a prosecuting attorney is more likely to have a higher level of testosterone than a patent attorney.

A male with lower testosterone is more likely to be introverted, is less likely to perform extreme skateboard tricks and do dangerous and otherwise stupid things. However, there is no association with testosterone and courage or bravery. So the terms "he's got balls" or "grow a pair" aren't accurate. Nor does having low testosterone have anything to do with cowardly behavior or with being wimpy.

More important than the absolute levels of hormones is how a man has been socialized to behave. Also, we shouldn't assume it's testosterone that causes horniness. Sometimes the level of testosterone goes up because a guy is already feeling horny.

Men and Estrogen

Contrary to what you might think, testosterone in men is converted into estrogen. The estrogen is very important for how a man feels. So if a healthy twenty-year-old male were to suddenly lose his testicles and not produce testosterone, he would suffer negative effects from having no estrogen in addition to having no testosterone. He'd essentially go through menopause. He would have hot flashes and his bones would become brittle. These are things that estrogen protects men from experiencing—in addition to feeling depressed and having little sex drive which would result from his having so little testosterone.

Men who have prostate cancer and are being given drugs to stop their testosterone production should talk to their doctors about taking an estrogen supplement. That's because the men suddenly have no estrogen as a result of producing no testosterone, and they can feel like they are going through menopause as a result.

The Great Testosterone Sham

Drug companies make millions of dollars selling testosterone to men who may not need it. They have created ads that make men over the age of forty think they'll get their twenty-year old selves back by taking testosterone. This is dumb and probably dangerous, but good luck talking sense to a middle-aged man who is being promised a pharmaceutical miracle.

Performance Enhancing Drugs, Shrinking Testicles and Man Boobs

Performance enhancing drugs often contain testosterone. When the brain detects the level of testosterone is higher than normal, it will throttle down activity in the testicles in order to decrease testosterone production. This can cause the testicles to shrink.

Extra testosterone in the male body is converted into estrogen. This results in such a large increase in estrogen that it can cause a guy to grow man boobs. So athletes who are taking performance enhancing drugs will then take drugs that women are given for breast cancer. These cancer drugs will help lower estrogen and hopefully make man boobs smaller. Do you really want to do this to your body? Also, some of the muscle building supplements that you can buy anywhere are suspected of causing up to a 65% increase in a young man's chances of getting cancer of the testicles.

Guys & Horniness

It is assumed that the average male wants to have sex every hour of the day as long as the opportunity presents itself. There are plenty of men for whom this axiom does not apply. It could be the man has a nervous system that's sensitive enough to be impacted by some of the really disturbing things that happen in the world. Or maybe he is tired and needs a good night's sleep. It is sometimes difficult to drop everything and have sex. There are plenty of times when it's just as nice to cuddle up close to a lover and enjoy falling asleep in each other's arms.

How Often Do Men Think about Sex?

Two of the more common urban myths about sexuality are that men think about sex every minute, and that men think about sex way more than women do. Researchers have found that on average, young men think about sex once an hour and women think about sex once every two hours. This can vary greatly from person to person and from hour to hour.

To help put it into perspective: *College students think about sleep and food as often, if not more often, than they think about sex.* Also, not all sexual thoughts are created equal. Sexual thoughts can range from a brief and fleeting stirring that lasts a millisecond, to an elaborate fantasy that can cause a tent in your pants or a flood between your legs.

Something that can influence a woman's sexual thoughts more than men's is if she feels discomfort about her sexuality or if she worries that others will think badly of her for being interested in sex. If that's the case, she'll be less likely to have sexual thoughts, or less likely to admit to others that she has sexual thoughts.

Mercy Sex Basics — Making a Man Come Sooner

Let's say you are okay with getting a man off as an act of kindness but you aren't particularly into it, or you need a good night's sleep. Here are some suggestions to help a man come sooner.

Tighten the Foreskin: Pulling the foreskin taut around the base of the penis can cause a man to feel more sensation when it's stimulated.

Focus on the Frenulum: The frenulum is the most sensitive part of the penis. It's just below the head of the penis, on the side where the seam runs up the shaft. During oral sex, you might focus on this area. If doing him by hand, make sure that your fingers run over this part of the penis during each stroke. Pumping too quickly may numb out the penis and be counterproductive. Also, if a guy is circumcised, using a well-lubricated hand rather than doing him dry might help speed things up.

Adding a Squeeze or Twist: Try giving a well-lubricated hand job where your entire hand wraps around the penis and twists up and down it as though it were following the red stripe on a barber's pole. Try a similar twisting motion with your head during oral sex. A slight turn of the neck is all that's needed, nothing to give you whiplash. At the same time, work the area between his testicles with one of your hands.

Visuals: If the man is turned on by your naked body, crank up the lights and park the parts he enjoys most in full view. If you have a particular bra or panties that get him going, suit up.

Play with yourself: Never hesitate to play with your nipples or vagina. Some men will be so turned on by watching you play with yourself that they will begin to masturbate and finish themselves off.

More nerve bundles: Some men have a spot on the part of the penis that is buried beneath their testicles which can deepen the sensation when pressed upon (see [image](#)). Keeping a finger on this spot may help move up launch time. When giving blow jobs, some women will work this area with one hand while pulling the skin on the shaft taut with the other.

Nipples: Some guys' nipples are quite sensitive; others aren't. Tweaking a man's nipples with your fingertips or caressing them with your lips and tongue

might speed up arrival time.

On or Up His Rear : The human anus is probably the second-most sensitive part of the body. A wet finger on it, swirling around it, or pushed into it can speed some men up considerably.

Extras : If he gets turned on when you talk dirty to him, do it if you are in the mood. If he likes porn, put his laptop or iPad where he can see it. If you are having intercourse, try slowing down the thrusting rather than speeding up, or change the pace. If he is thrusting shallow, have him thrust deep. And don't let him pause, which is what a lot of guys will do to keep from coming. If you usually have sex in the bedroom, switch to the kitchen or living room if you can. A change in routine can help increase the level of excitement and speed of launch time.

If His Penis Goes Pop

A penis should never make a cracking sound or go “POP.” Although rare, the pop might be from a fracture of the penis, which has nothing to do with what most of us consider a fracture to be. Unlike an arm or a leg, there is no bone in the penis to break. So a penis needs to be erect for a fracture to happen, which is when one of the chambers or cylinders in the penis tears. The way they fix a penis fracture is by sewing up the tear in the side of the chamber.

A penis fracture can also be related to a snapping of the ligament in the penis. If it breaks and is not cared for soon, internal bleeding might permanently damage the penis. A fractured penis will often make a cracking sound, followed by rapid loss of erection, pain, swelling, and hemorrhage. The outcome is excellent if the penis is surgically repaired within a couple of hours. If you wait longer, the damage could be permanent, including a penis that’s shaped like a deflated circus balloon, or an Allen wrench.

Any kind of genital pain that lasts more than ten minutes needs to be tended to by a physician. Long-term damage can often be averted if you get medical help right away.

Two Strange Causes of Penis Fractures

Penis fractures are rare. In a study of sixteen men who had fractured their penis, half of the men were having extra marital affairs when the injury occurred. Only three of the men were having sex with their own spouse in their own bedroom. So the sex was often rushed, aggressive, awkward, and it happened in unusual places like cars, elevators, offices and public rest rooms, where the men were unable to protect their penis from the sudden downward thrust of their partner.

Another cause of penile fracture can be an extremely aggressive form of masturbation. There is an area in Iran where this kind of penis bravado is practiced and it results in several fractured penises each year. It would be an awful thing for men in other cultures to start imitating.



Dear Paul,

Why are guys always touching and grabbing at their genitals?"

Eva from Evanston

Dear Eva,

When the skin on the balls sticks to the thighs, or the skin on the penis sticks to the skin on the balls, you get a claustrophobic feeling. It's like if you had to keep your arms pressed against your sides all the time. Try it for just five minutes. When this happens with a guy's penis and scrotum, he's gotta dig to lift and separate or it starts to feel like he's going to go nuts. Body powder can

sometimes help as long as it doesn't contain talc. Underwear that doesn't fit right can make matters worse.

Dear Paul,

When guys are peeing, why can't they aim it right? Would it kill them to get all of it in the bowl?

Nancy in Niagara Falls

Dear Nancy,

The problem is not with the aim, but with the unpredictable nature of the stream. It breaks up about as often as the signal on a cell phone. Sometimes a rebel tributary appears and shoots off to the side, a healthy stream will suddenly turn into a spray, or it goes where you aim it, but the toilet water splashes up and makes a mess on the rim.

Another cause can be when a guy has a foreskin that extends past the glans of his penis and he doesn't retract it when he pees. Whatever the cause, there is no reason why a guy shouldn't grab a wad of toilet paper and clean up after himself (bowl, floor, walls, shoes, ceiling). This is something that parents should teach their sons. Also, I don't know if you are aware of the first law of fluid dynamics, but a man never pees on his pants leg unless it is one minute before an important meeting, first date, or job interview.

I'm told that women can be wickedly messy when they pee in public rest rooms. But that's a different story for a different chapter.

Dear Paul,

The skin on the shaft of my husband's penis is a lot darker than the skin on the rest of his body. Is this normal?

Amber from Brownsville

Dear Amber,

It's perfectly normal. Penises vary as much in skin tone as they do in size and shape. One man's penis might be darker than his normal skin color, another's might be lighter, and a third might even have freckles or blotches. You can't predict the tone of the bone until the pants are down.

Dear Paul,

When my husband's penis is erect, it almost points down instead of up. Is this normal?

Diane in Bend

Dear Diane,

Penises often point up, at approximately a 30-degree angle from the stomach. But plenty of erect penises stick straight out, and others point down. You might try an intercourse position where you are on top but facing his feet. His penis may be able to tickle parts of you that a man with an “uppie” would miss. Most important is that you and he experiment with positions that feel good for both of you.

Dear Paul,

My penis has a curve in it, but it only shows when I'm hard. Did I cause the curve by the way I masturbate?

Curly in Canton

Dear Curly,

It's perfectly normal for guys to have a curve in their penis which only shows up when they have an erection. Contrary to the urban myth that curves are caused by the way men masturbate, most curves happen before boys are born—when they are still fetuses in their mother's wombs and their penises are first forming.

In a very small minority of men, the curve can be so extreme that intercourse is not possible. But for most men, this is not a problem. A curve can be a strength if there are special spots in a lover's vagina that can benefit from the focused attention that a curve can offer.

Dear Paul,

When it comes to pleasing guys, why are they so focused on their penises? There's so much of the body that feels good when it's kissed and touched, yet they seem to want everything to focus on the penis.

Flabbergasted in Frankfurt

Dear Flabby,

Let's say you've ordered the best takeout and have a romantic, candlelit

dinner for your lover. You've gone to the gym, shaved, and are wearing killer jeggins and your sexiest thong. You want him to want you more than he wants his car, his phone or Halo. But when the lights finally go down, there's no party in his pants. No matter what you try, he's not able to have an erection. So tell me, what's going through your mind? Are you worried he doesn't find you attractive? Do you wonder if he'd rather be with someone else?

The truth is, you are probably just as focused on his penis as he is. It's the ultimate indicator that you are attractive and that he is excited about you. So once a penis gets hard, a guy figures he'd better start doing something with it ASAP. If the thing suddenly goes down, especially when your legs are wrapped tight around his waist and you've just cried out, "Fuck me harder," he'll be a big disappointment to you and an even bigger disappointment to himself.

Also, a man sometimes feels a strong need to ejaculate once he becomes aroused. This need is more pronounced in the teens or twenties than later in life. It makes us focus on having to do something with the penis rather than being able to enjoy what's going on around us.

In Praise of Geeks!

What better way to end a chapter like this than with the following sentiment from a female reader:

"I don't know about other women, but I have discovered that the *geek* crowd which doesn't often get laid in high school has a great deal of time to contemplate what they'd do if they ever got their hands on a woman. They are far better lovers because they've taken the time to contemplate something other than *scoring*. As a friend of mine used to say, 'Nine-tenths of sex happens in your mind; the rest is all in your head.' Geeks think, while jocks avoid it at all costs because in high school, thinking is not cool. Besides, geeks know how to be passionate rather than just *stoked*. Give me a geek any time."

A reader asks "*Help, my new boyfriend's penis is HUGE.*" The response is [here](#).



Semen Confidential

A woman from Utah asked, “Why does male ejaculate smell vaguely of cleaning products?” This one question has led to an entire chapter—about semen, not cleaning products. It’s all here: why semen can cause stains, what semen allergies are, why you might get an upset stomach after swallowing semen, why semen gets clumpy in water and sticks to hair on the shower drain cover, and an answer to the mother of all semen questions: “Why does my boyfriend’s semen burn when it gets in my eyes?”

Semen doesn’t pour out of a penis homogenized like milk from a carton, even if a guy has been bouncing on a trampoline. The first squirt of each ejaculation has secretions from the Cowper (bulbourethral) glands and the Littre glands. The prostate gland manufactures the next squirt, which makes up 15% to 30% of the total volume of each ejaculation. This is followed by the relatively small but potent contribution of sperm from the testicles. The seminal vesicles hold up the rear of each ejaculation with a blast of liquid that produces up to 80% of the entire wad.

Why Semen Smells Like Bleach



When Ms. Utah asked why male ejaculate smells “vaguely of cleaning products,” she is referring to a bleach-like smell, unless the semen of men in Utah smells like Windex, 409, or Janitor in a Drum.

Contrary to what you might think, the testicles make less than 5% of semen. The lion’s share of semen comes from two other sources: the seminal vesicles and the prostate gland.

Urologists know that when you cut open a testicle, there is no odor. So we can rule out testicles as the source of the bleach-like smell. The seminal vesicles aren’t the culprit, either. That leaves the prostate gland, which produces a chemical called spermine. This is what gives semen its characteristic cleaning-product smell. Semen can also smell like fresh bean sprouts, which makes good sense because bean sprouts contain the chemical spermine.

The reason why some men’s semen smells more bleachy than others is due to changes in the pH of semen and variations in how the body buffers it. The pH level impacts how spermine behaves. This is also why a man’s semen might smell more like bleach one day and less the next.

For science and history buffs, spermine phosphate crystals were first found in semen in 1678 by Anton von Leeuwenhoek, father of the modern microscope. Semen was one of the first things Leeuwenhoek looked at under his new microscope (big surprise...). Two hundred years later, German chemists gave spermine its name, although women have known about the cleaning-product smell of semen since the time of Aristotle.

As a man is about to ejaculate, the components that make up semen collect in the part of the urethra that’s at the base of the penis. To create an ejaculation, the muscle fibers surrounding this part of the urethra squeeze it like you might the bulb of a turkey baster. During this process, the phosphate in the spermine-phosphate molecules gets pried off. This allows the free base of spermine to be

released which creates the bleach-like smell. Semen stops smelling like bleach after it's been in the air for a while because the free bases in spermine start linking together to form an odorless compound.

Why Semen Makes a Partner's Eyes Burn

A reader asked why her boyfriend's ejaculate burns when it gets in her eye. Spermine appears to be the culprit for that, as well. Pure spermine carries harsh warnings. The material safety data sheet for commercially produced spermine says:

Danger! Corrosive. Causes eye and skin burns. May cause severe respiratory-tract irritation with possible burns. May cause severe digestive-tract irritation with possible burns. May cause central-nervous-system effects. May cause cardiac disturbances. Causes eye burns. May cause chemical conjunctivitis and corneal damage. Causes skin burns.

Fortunately, the concentration of spermine in semen is quite low when compared to pure spermine. While there might be other chemicals in semen that cause your eyes to burn, the number one culprit is spermine. Also, semen can be a bit alkaline, which could possibly cause eyeball irritation.

Why an Upset Stomach?

Some women report getting a stomach ache after swallowing semen. This is usually blamed on the prostaglandins that are in semen, which might make it similar to the kind of stomach upset that some people get after taking aspirin. However, after reading spermine's material safety data sheet, you can't help but wonder if spermine is also involved.

Why Semen Tastes Like It Does

When looking at why semen tastes the way it does, the amount of citrate ions stands out. These ions help semen to be a strong buffering agent, which makes it more friendly for sperm. They also create calcium citrate, which tastes salty and sour.

Semen also contains zinc ions. There's a taste test where people who are suspected of having low levels of zinc in their bodies are given a solution of zinc to drink. If their body has an acceptable level of zinc, the zinc solution tastes strong and unpleasant. However, if they can't taste anything, it's because their body has a zinc deficiency. This means that semen may taste better to people who have a zinc deficiency, although it's probably not wise to phone your healthcare provider and say, "My boyfriend's cum tastes really good to me. Does this mean I'm zinc-deficient?"

Bottom line: for most people, the zinc in semen is not going to help it taste any better. The same is true for the magnesium and sodium that's in semen. On the bright side, semen does contain fructose and glucose. However, the amount of fructose and glucose can vary by as much as four-fold from man to man.

When Semen Smells Bad Rather than Just Bleachy

Most women who've had sex with men have a baseline sense of what semen smells like. However, semen can occasionally have a pungent odor that can be the result of a hidden prostate infection. This might be a combined bleach-like odor and fishy smell. The fishy part comes from the polyamines that are released from decaying white blood cells that end up in the semen due to the infection in the prostate.

Semen normally contains some white blood cells, but at a very low level. When a man has a prostate infection, the white blood cell count in his semen increases, which results in more of the smelly polyamines being liberated: As our consulting andrologist says:

“Since I do a lot of semen analysis in my office, I can tell the semen that has lots of white blood cells when we open the container. It has a really strong, bad odor—to the point that my research assistant is able to suspect that men have an infection just from the odor of semen when we are preparing slides.”

Men who have prostatitis might notice yellowish, jellylike globs in their semen. Suspicions also rise when semen has a honey-like sweet smell. This can be the result of a staph infection. Healthy semen tends to be mostly white and has the smell of clean, fresh bleach.

Semen Stains

Ever notice that some mens' semen stains are worse than others? Semen contains a lot of protein, much of which is albumin. This is the same kind of protein that is in egg whites. As protein dries it changes optical qualities and color. The yellowish staining quality of semen is related to the concentration of protein in it. The sperm concentration can also have an impact. The higher the sperm count, the more opaque or yellowish semen will be. These factors determine why one guy's semen may have a greater tendency to leave yellowish stains in underwear, sheets and socks (a lot of guys use their socks for clean up when they jerk off).

How Thick Is Semen?

Viscosity is a measure of how fast or slow a liquid flows from a container. The viscosity of water is around 1.0 cP. The viscosity of semen that's fresh from the penis can vary from 1.3 cP to 23.3 cP. This means some men's semen is almost as thin as water, while other guys almost need a grease gun to squirt it out. (Some women cite the texture of semen as being the reason they don't like to swallow when giving blow jobs. So with one partner, it might be a problem, but not so with the next.)

The viscosity of semen starts to change as soon as it is ejaculated. That's because during ejaculation, prostate-specific antigen (PSA) mixes with the rest of the semen. This starts a reaction that makes semen become more watery so sperm can swim in it. Due to the liquefying power of PSA, semen becomes almost as thin as water within 5 to 30 minutes, regardless of how thick it may have been when it first shot out. If you doubt this, have a guy ejaculate in a clear glass and watch it for the next 30 minutes. The change happens even faster when semen is in the vagina. It's why semen drips out of a woman's vagina after intercourse.

Average Volume

The average volume of an ejaculation is between 2.3 ml and 4.99 ml, which is from half a teaspoon to a full teaspoon. For an inter species comparison, the average bull weighs between 1,000 and 2,000 lbs. He ejaculates between 4 ml and 8 ml, which is not much more than the average human male.

Semen Allergies

A semen allergy is caused by an allergic reaction to a protein in semen. The protein is made by the prostate gland. A woman could have been just fine with a partner's semen for years, and then suddenly start having an allergic reaction to it. Or she may have had a semen allergy from her first contact with semen. As with food allergies, a semen allergy might go away as fast as it arrived.

Semen allergies are very uncommon. Only 40,000 women in the United States are thought to have them. The symptoms can include pain, redness, burning, swelling, and itching. And once a woman develops a semen allergy, it's not just to semen in her vagina. The burning and itching can occur anywhere semen touches her skin, including in her mouth or up her bum. One way to decide if a woman's symptoms are due to semen allergy or chronic vaginitis is to use a condom during intercourse. It's best to use a polyurethane condom, given how her symptoms might also be from a latex allergy. If the symptoms stop when the couple is using a condom but begin again when they are not using a condom, it's time to consider a semen allergy.

Aside from a complete gynecologic exam, a woman will need to get intradermal testing to see if she has an allergy to semen. This is where a small amount of semen is injected under the skin. If this were done on the Syfy Channel, an alien child would start incubating at the injection site. But in real life, it simply determines if there's an allergic reaction.

Fortunately, there is a desensitization treatment for semen allergy that is safe and effective. You need to do it under the supervision of an allergist or immunologist. It is called a "graded challenge" where diluted solutions of semen are placed in the vagina every twenty minutes until the woman is able to tolerate undiluted semen. The couple has to have intercourse at least two to three times a week from that day forward to maintain the desensitization.

Also, a woman doesn't get a bad reaction to the semen of just one guy. If she did, switching partners would be a treatment option, although not always a practical one. If she gets a semen allergy, it's usually to all semen from all men.

Theoretically, a woman's semen allergy might go away if her partner had to have his prostate gland removed, that the prostate is what makes the offending

protein. No studies have been done.

Why Semen Gets Clumpy in the Shower or Bath

You may have noticed that semen gets clumpy, stringy and sticky when it's in water, like when a guy masturbates in the bath and the semen clumps up and sticks to his skin and body hair, or when he masturbates in the shower and clumps of semen stick to hair that's on the drain cover.

When semen first comes out of the penis, it's hydrophobic which means it hates water. Even though it's a liquid, when fresh semen makes contact with water, it will form clumps, like the bubbles in Lava lamps. These clumps are semen's way of protecting as much of itself as possible from water. You'll see this occur if a guy will ejaculate into a glass of water. Everyone will be amazed.

Given semen's propensity to stick to shower floors and hair on the shower drain, it's only right for a guy to clean up the shower if he has roommates. (Dorm shower floors and drain covers—GROSS!) Semen will only clump up if it makes contact with water as a man is ejaculating. Otherwise, semen will liquefy or get watery in ten to fifteen minutes. This is why you should tie off the end of a condom, to keep the liquefied semen from dripping out.



Spying on Sperm

It can be very cool to look at your own or a partner's semen under a microscope. What you thought was a gob of goo is actually a metropolis of biological activity. It's like looking down at New York during rush hour, only there are sperm instead of Taxi cabs. Here's how you do it:

You'll need access to a microscope that has 100x and 400x magnifications, a microscope slide, coverslips, and a human male with a hard-on. Make sure the microscope has a good light and that you can focus on the edge of a coverslip that's on a glass slide.



If you don't know how to produce semen, there are chapters in this book that can help. If you need lube, only use saliva. Most commercial lubricants do evil to sperm. You'll want to have the semen under the microscope within 60 to 90 minutes after it is produced.

As you might recall from the start of this chapter, semen doesn't squirt out pre-mixed. So you'll need to collect the entire ejaculation in the same container. If you don't, you might not be collecting the squirts that have sperm. Do not collect the specimen in a condom unless it's a condom made from polyurethane and has no lube inside. The materials in most condoms are not sperm friendly.

While it tends to come out thick, semen will liquefy within 15 to 20 minutes—so much that it will become almost as thin as water. After it has liquefied, give it a close look with your naked eyes. According to our sperm consultant:

“If it is clear (transparent), the sperm count is probably low. If it is cloudy but you can see through it (translucent), it is a medium sperm count. If it is creamy white or yellowish and you cannot see through it, it is probably a fairly high sperm count. This is not a measure of fertility, just something interesting. Besides, it only takes one sperm for paternity, and the number of sperm depends on many things, including how often you ejaculate, if you've been in hot tubs or hot baths, what medications you are taking, etc.”

Keep the sperm specimen between body temperature and room temperature. Any colder or hotter, and sperm start dropping like flies. If you're taking the semen from your dorm to the biology lab, keep it warm and safe.

Once you are ready to make the slide, lightly swirl the semen in the container to mix it. Put a drop or two on the slide, and then place a cover slip over it. Place the slide on the microscope's platform and observe it with the 10x objective (at hopefully a 100x magnification). The sperm are going to be very small and difficult to see. Once you spy sperm, change to the 40x objective, but don't make any significant changes in focus or you risk breaking the slide with the lens. If you need to make changes in the focus, go back to the 10x objective and do it that way.

Semen has more than 300 constituents, including proteins, fats, immature

sperm cells, dead parts of old sperm, and occasionally blood cells. Given the less-than optimal conditions you are probably working under, it wouldn't be surprising if 50% or more of the sperm are dead as doornails before you look through the microscope. Only about 15% of sperm are the beautiful type with flowing tails.

LATE 2017 UPDATE: There are now at home kits which allow you to view your or your partner's sperm swimming live with the help of your hand and your phone. Depending on the kit, you put a small amount of your semen on a slide or in a plastic container that has a special lens embedded into it. This fits over the camera lens on your phone, and magnifies the heck out of your semen to the point of where you can see your sperm with the display of your phone. For links to purchase the various kits, go to www.Guide2Getting.com/sperm.

Precum

Precum is a clear slippery fluid that begins to ooze out of the penis when a man becomes sexually aroused. It's made by two small glands at the base of the penis called the Cowper's glands. Some men produce almost no precum, while others make more precum than they do semen.

Since precum is made at the base of the penis, it bypasses the part of the male reproductive system that causes semen to spurt or ejaculate. So it oozes or drips instead. You can tell precum from urine by touching it with a fingertip and then pulling your finger away. Precum will stay connected to your finger, making a clear cool-looking spindle.

Because it's so slippery, precum is nature's sex lube for the penis. It helps the foreskin slide more easily over the head of the penis, and it helps the head of the penis slide more easily into a vagina. Precum also makes the walls of the urethra more slick so ejaculate has less resistance, and it helps to neutralize or deacidify the urethra to make conception more likely.

As for the popular idea that precum has no sperm in it, up to 40% of men have precum that contains low amounts of sperm, regardless of when they last peed or ejaculated. Whether this is enough to get a woman pregnant remains a matter of debate. Precum definitely carries sexually transmitted infections, including HIV. So if you are concerned about getting a sexually transmitted infection, make sure a condom goes on as soon as a man gets an erection.

Readers' Comments

What did you think the first time you saw a guy ejaculate?

"I was a little shocked. I was young, 15, and I don't think I understood exactly what was going on. It's also when I realized that tissues weren't just for noses anymore." *female age 27*

"I did it right! Good job! I was proud of me. Then I thought, 'Geez, I hope my mom doesn't come home early.' " *female age 22*

"I remember being disgusted and oddly fascinated at the same time, and I couldn't believe how far that stuff could shoot out!" *female age 32*

“It just kind of oozed out. For some reason I thought there was supposed to be more of a stream.” *female age 37*

“I was jealous he could actually project it from his body and I couldn’t.”
female age 23

“I was kinda grossed out by the whole thing.” *female age 45*

“I was proud that I made him ejaculate, but I couldn’t believe that people actually would let that go in their mouths. I was a senior in high school.”
female age 25

“I wondered what it felt like. I wondered what it tasted like. Also, I wondered what it would feel like to have that happen inside of me.” *female age 25*

“I vaguely remember thinking, it’s amazing how their bodily process is. Also, there is what is needed to help form a human being.” *female age 36*

A Very Special Thanks: to Steven “Dr. Sperm” Schrader, Ph.D., Darius A. Paduch, MD., PhD, Urology & Reproductive Medicine, Weill Cornell Medical College, and Jennifer Collins, MD, Albert Einstein School of Medicine.



Fun With a Foreskin

Dear Paul: Cut to the chase: I am an RN and have seen hundreds of uncircumcised males. No turn on. But when my most recent lover happened to be such it was so totally unexpected that my sexual arousal rate went up 200%. I am very turned on by stroking him to expose the head, kissing and licking it and then covering it again by pulling the foreskin back up. Sucking ever so gently with the skin covering the head gives him pleasure, but pulling it down near the base of his penis completely exposes him and his reaction is amazing. All it takes is tender gentle swirls to drive him crazy.... The wanton horny bitch that resides within myself has been released and owes the author of *The Guide* the best blowjob ever!

Dear RN: Drive south on I-5 until you reach the Corvallis exit...

What Foreskins Do

Foreskins protect the head of the penis. They have nerves that can feel touch and warmth. They make it easier to masturbate and give handjobs. And during intercourse, the head of the penis spends part of each stroke sliding inside the foreskin. Then it pops out and slides along the walls of the vagina before it pops back into the foreskin. This can make intercourse feel better for some women. Some have described this as feeling like a subtle “bump.” It can also help keep more of a woman’s natural lubrication inside of her vagina during intercourse.

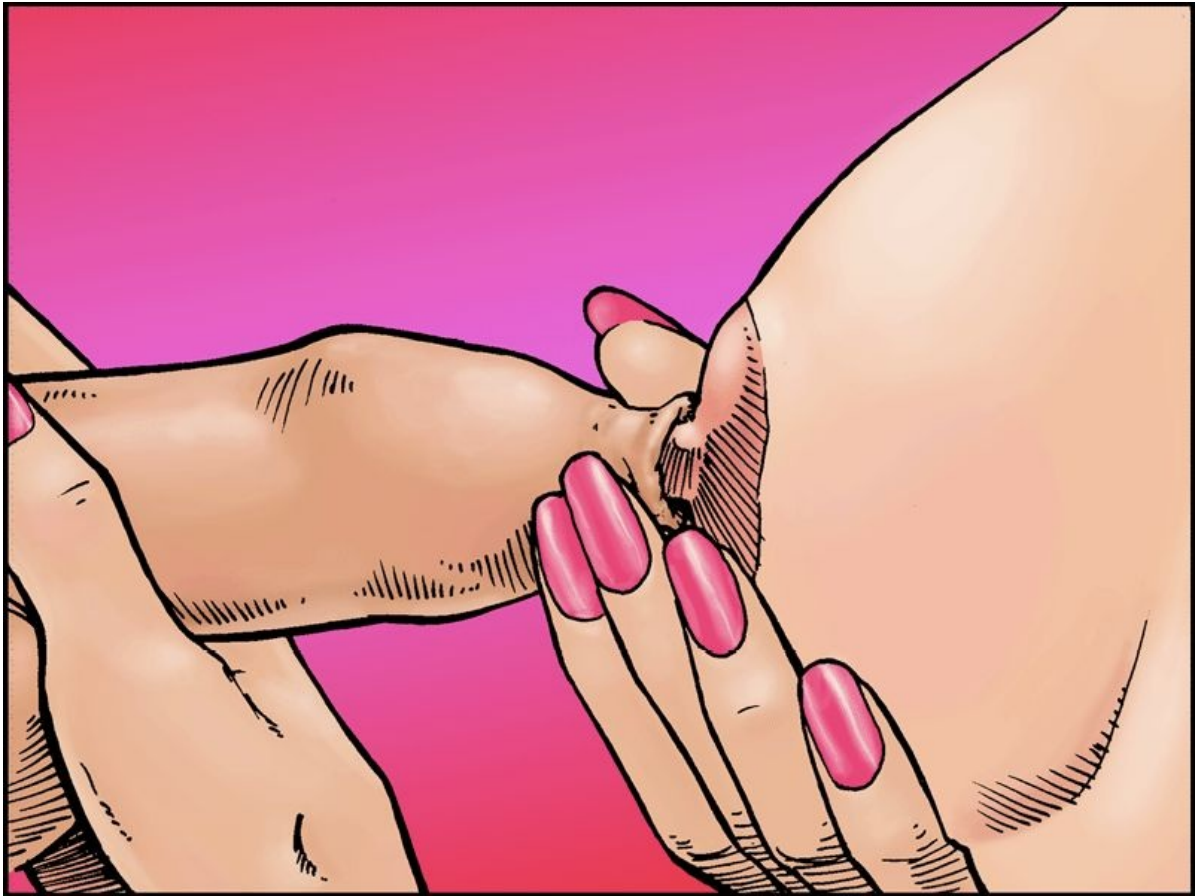


For Parents—Foreskin Care

The average age of a boy when his foreskin retracts is 10.4 years. Not 10.4 days, weeks or months. Yet physicians in America still tell parents to forcibly retract the foreskins of their infant sons to wash around them. This can cause trauma.

During infancy and childhood, the inner surface of the foreskin is attached to the head of the penis. This protects the opening of the penis from irritation, infection and ulceration. Over time, the cells that attach these two surfaces start to dissolve on their own. Trying to retract the foreskin prematurely will rip apart these delicate tissues that nature has “glued” together. A number of males don’t fully retract their foreskins until they are teenagers. This is normal and will usually happen as a boy starts to play with his penis. You don’t need to encourage or coax him.

Parents do need to tell their teenage sons about cleanliness. They should explain that once a boy is able to comfortably retract his foreskin he should clean it every day in the shower. As for whether that daily cleaning should include soap, one of our urology-consultant physicians is himself uncircumcised. He is concerned that soaping the retracted foreskin daily might destroy the protective bacterial mantle and may result in foreskin odor. He suggests only soaping it a couple of times a week, while retracting it and washing it with water the other days of the week. Other healthcare providers might recommend differently.



Our video "A Woman's Guide To Men's Foreskins" has several lovemaking tips. See it at www.Guide2Getting.com/videos

Reader Comments

"I love the way his penis slides in and out of his foreskin when he's inside me. It not only stimulates me physically, but the thought of it also really turns me on while we are making love." *female age 30*

"The only Jewish guy I ever slept with was also the only uncircumcised guy I ever slept with. He seemed to have more stamina than any of the others, but that might just be a coincidence." *female age 21*

"Just ask the guy how he likes it. Some like you to pull the foreskin tight; others say this hurts." *female age 20*

“I use my foreskin to massage her clitoris with.” *male age 65*

“I’d never seen an uncircumcised penis until my current lover, but I’ve decided now that it’s the best thing since sliced bread. The foreskin makes hand jobs 100 times better and easier because it slides over the penis so you don’t need lube. I was kind of nervous about it at first but then I realized how stretchy the foreskin is even though it looks kinda fragile. For blow jobs, I pull the foreskin down and massage it there and go to town. *female age 18*

“For a blow job, pull the foreskin up over the head and stick your tongue down inside of the opening and swirl it around.” *female age 38*

“Once my wife and I are ready for penetration, I roll my foreskin all the way shut. I press it gently against her labia while spreading them slightly, and push the glans in just a little. Then, I withdraw the glans back inside the foreskin, never exposing it to open air. What this does is spread her lubricant all over the first half of my penis. After several strokes like this, I am able to slip inside easily. Sometimes we find this so pleasurable that we continue a good long while before penetrating farther.” *male age 38*

“The inside of a foreskin is where there is the most feeling, so gentle movement of it over a cockhead and down the shaft feels great. The best part of getting a blow job is what a tongue and mouth can do with that inside lining.” *male age 59*

“One thing I find particularly stimulating is to lubricate a finger or thumb, slip it between the foreskin and the head, and massage the glans. It feels really, really great.” *male age 19*

“When did I first retract it? I was around ten. I would slowly pull it back every day in the shower. After about two weeks I was able to pull it all the way down.” *male age 22*

“Letting the foreskin balloon is quite nice both when peeing and when enjoying the pool jets.” *male age 37*

“I like to clamp the end shut while peeing and making it swell up. Also, a similar and a more satisfying experience is to leave just a bit of the end

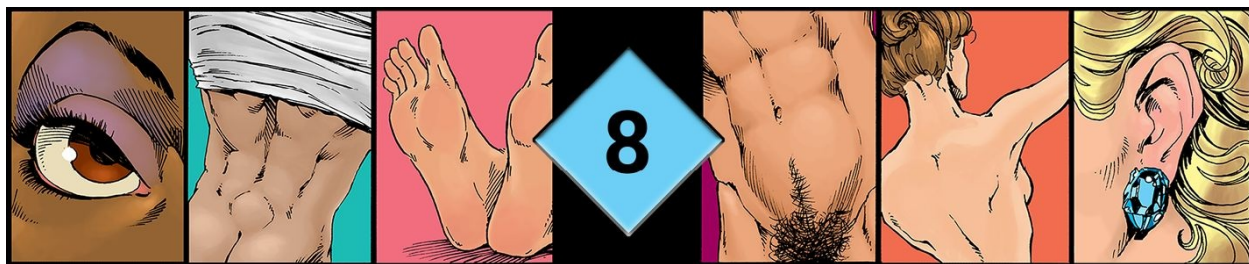
open and put it under a strong flow of water so that the water flows in but has a place to get out.” *male age 20*

“My fiancée does all the foreskin movement for me. It’s such a turn-on when she pulls it back and then returns it to normal. She does this with her mouth constantly while she gives me a blow job.” *male age 19*

“There is nothing worse than cracking an erection in your pants and not being able to make it go away because your foreskin is retracted and the head of your cock keeps on rubbing on your pants.” *male age 18*

“The tip of the foreskin (like the rim of a volcano) can be very sensitive when you’re soft. A light, caressing finger running around the edge can feel electric. If she’s giving you a handjob and her ring isn’t tight around her finger, the flesh of the foreskin can get caught in between and pinch like hell. On the flip side, there’s something pretty erotic about handjobs while she’s wearing your engagement ring.” *male age 23*

A Special Thanks to Marilyn Milos who founded the National Organization of Circumcision Information Resource Center.



Hypospadias

Hypospadias is a condition where the urethra doesn't go to the end of the penis. The urethra is the tube inside the penis that urine and semen pass through. In mild cases of hypospadias, the urethra comes out near the end of the penis, but not quite. In more severe cases, it can come out anywhere from below the head of the penis to the area between the scrotum and anus which is called the anogenital region.

Hypospadias is one of the most common birth anomalies there is. It occurs in 1 out of every 125 to 250 boys, although mild forms of hypospadias may be even more common than this.

Some of the known causes of hypospadias range from genetics and environmental pollutants called endocrine disrupters to maternal age, diet and drugs or hormones the mother may have taken before or during pregnancy. One study has shown that a vegetarian diet or a diet lacking in meat and fish may increase the risk of hypospadias. Maternal obesity might be a factor, as well as cocaine and drugs given as part of fertility treatments.

It makes sense that hypospadias occurs on the bottom side of the penis. This is where nature creates a seam as the penis is forming in the womb. The urethra goes just inside the seam and usually exits out the end of the penis. When there is hypospadias, the urethra exits before it reaches the head of the penis.

While hypospadias is sometimes very serious, about 85% of cases are classified as mild. A German study found that "All but 6 of the 225 men diagnosed with hypospadias were not aware of any penile anomaly... All patients participated in sexual intercourse without problems and were able to void in a standing position with a single stream."

Hypospadias can cause the head of the penis to be more mushroom shaped and it can also effect the part of the foreskin that's on the underside of the head of the penis. Chordee can also occur, which is when the head of the penis is bent downward more than usual. One study found that about half of the penises of young men with hypospadias were smaller than average either when flaccid, erect, or both.

When hypospadias is severe, it can result in shame and feelings of isolation. The boy's penis will often be handled by strange adults during numerous medical exams, and multiple surgeries are sometimes done. For many men, it's the medical exams and surgeries they endured as children rather than the hypospadias that have caused the most problems. (While medical intervention is sometimes helpful, there are plenty of guys who would have been far better off if their penis had been spared the surgeon's knife, and the repeated medical exams that resulted in feelings of shame and inferiority.)

With hypospadias, the most important issues to deal with are often psychological. Men with serious cases of hypospadias often grow up in fear that other males will find out and make fun of them. Fortunately, the Internet is making it possible for men with hypospadias to meet and talk to other men who have the same condition.

Men with hypospadias sometimes grow up fascinated by other guys' penises. This is perfectly logical when you consider how often their penis gets handled by parents and doctors, often without a helpful explanation. It also makes sense that a guy with hypospadias can be focused on how his penis is different from other penises. However, there is no evidence that hypospadias results in a different sexual orientation unless that's what was going to happen from the start, hypospadias or not.

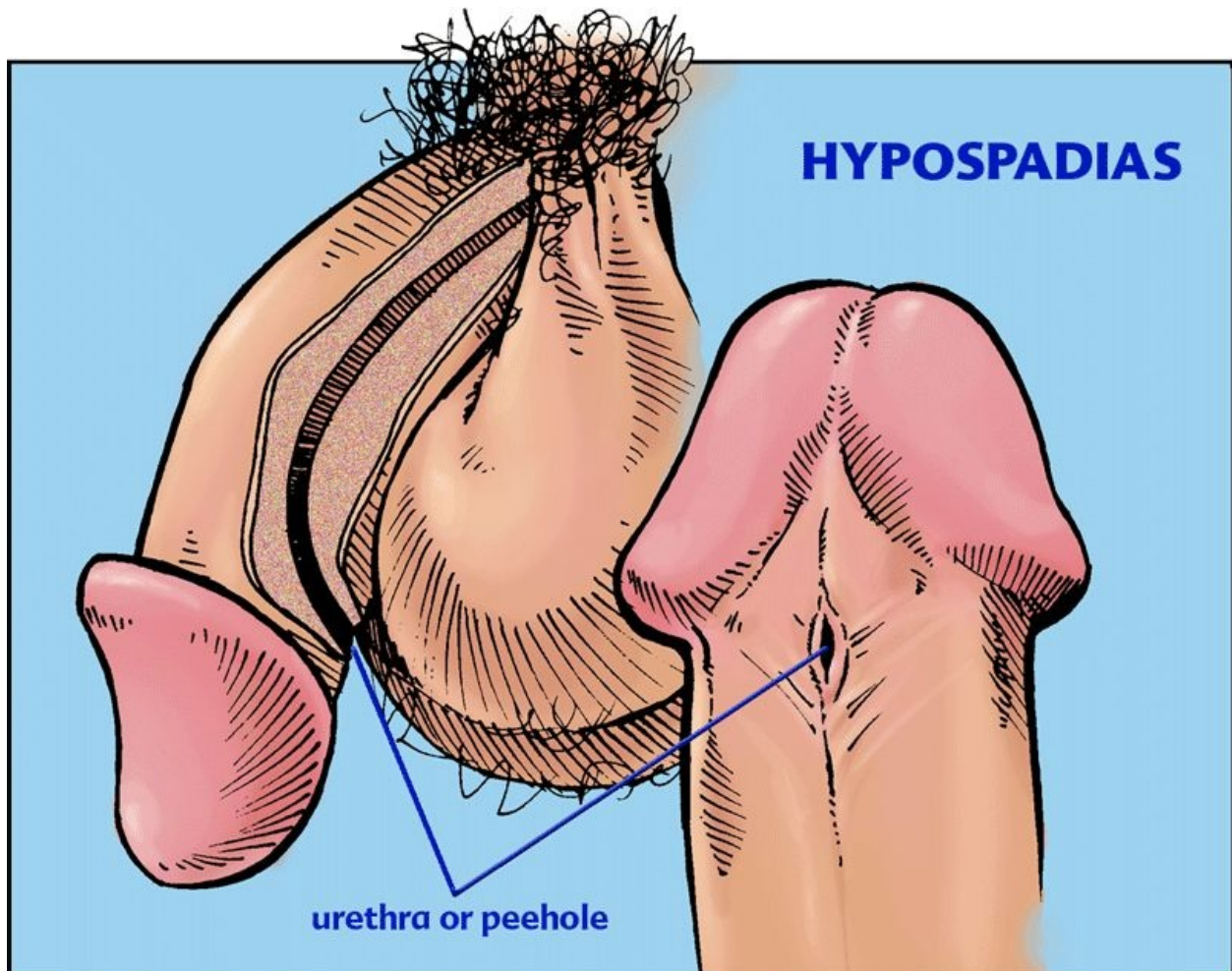
As for sex and relationships, hypospadias can loom far more massively in the mind of the man who's got it than in mind of a potential partner. There is nothing about hypospadias that makes a man any less of a man, or any less of a lover. As one female reader said, "I can name you hundreds of other things women are more concerned about in a man than if his pee or cum shoots out straight or from the side—most women wouldn't give a rat's ass. Only guys worry about things like that."

There is no reason why a man with hypospadias can't become a father, so birth control is just as necessary as with any other guy. The urethral opening for men with hypospadias is sometimes bigger, which can make a man more prone to urinary tract infections. So drinking extra water and peeing after sex might be a good habit to get into.

Men with hypospadias recommend that you tell a partner about your

hypospadias sometime after you've gotten to know each other but before you've got your hands in each other's pants. You can always pull out this book and point to this page if you need an ice breaker.

Parents should discuss the condition with their sons who have it, offering reassurance and helpful information. Any parents who are considering surgery for a son with hypospadias should first read an article by Alice Dreger titled *Do You Have to Pee Standing Up to Be a Real Man?*



Epispadias

Epispadias is when the urethral opening opens on the top of the penis. The opening can be in one spot, or it can run the entire length of the penis. While it might seem that epispadias is simply a case of hypospadias turned on its ear, it is an entirely different anomaly than hypospadias. It is also very rare. Where approximately 1 in 125 to 500 boys has hypospadias, 1 in 117,000 boys are thought to have epispadias. While they aren't sure what causes it, it is thought to result from a problem in the way the pubic bone develops.

Every once in a while, a girl will have epispadias, with it occurring in 1 out of 478,000 females. When this happens, the urethra will either exit higher than normal, between the clitoris and labia, or as high as the abdomen.

Resources: If you or your partner has hypospadias, an excellent resource is the Hypospadias and Epispadias Association: www.heainfo.org. The website of the Hypospadias UK Trust (www.hypospadiasuk.co.uk) is also a very helpful website. It covers everything from causes to emotional consequences, but their explanation of possible sexual side effects is wonky and appears to be from the early 1900s.



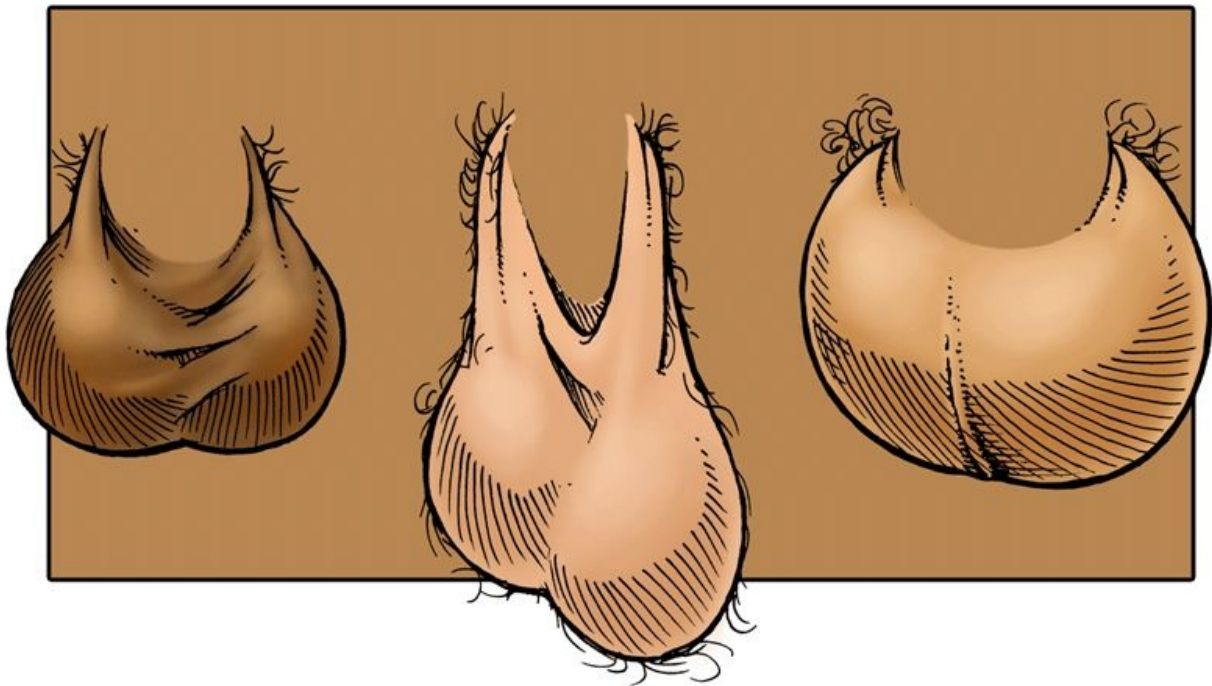
Balls, Balls, Balls

Balls usually take a back seat to the penis. That's because the pleasure a man gets from his testicles is more subtle. But that doesn't mean they should be ignored.

Testicles are far more rugged than you might think. You can squeeze or pull them with no problem. They can bang against a partner's thighs with impunity. But pop them with a simple flick of a finger and you might have to peel their owner off the ceiling. It's just the way the nerves are wired.

Testicles feel a bit like hard-boiled eggs without the shell, but they won't be that big unless the man is related to a racehorse.

When a guy is highly aroused or is just about to come, his scrotum and testicles will pull up to hug the shaft of the penis. In some men this is so extreme you'll wonder where his testicles went.



The Scrotum

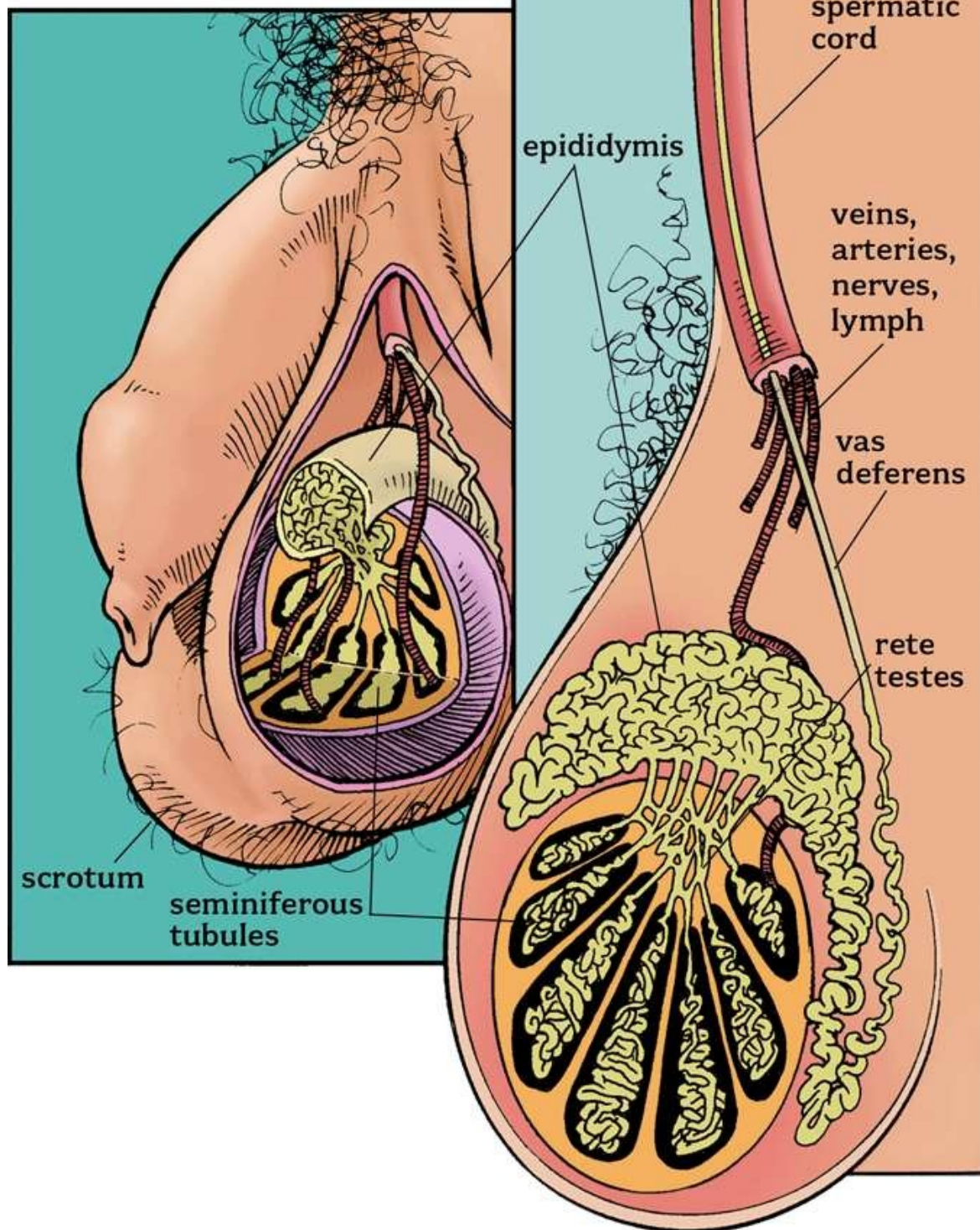
The scrotum surrounds the testicles. It's a thin layer of skin that is lined with muscles. It is made from the same tissue as the outer lips or labia majora of the female genitals. This is why the skin on the scrotum has the same kind of sweat and oil-producing glands, hair follicles and nerve endings as the labia majora. The scrotum should produce the same kind of feelings when it is kissed and caressed as the outer lips of women's genitals.

Nature creates the scrotum by zipping up the two lips that would otherwise become the labia majora. This is why the scrotum has a seam up the middle. It's where the two labia fused together to make a scrotum. The scrotum remains empty until shortly before birth, when the testicles drop down into it from the abdomen where they were created.

People assume that if the scrotum were opened up, the testicles would fall out. This is not true. The testicles are held in place by the spermatic cords which suspend them from the lower abdomen where they originally descended from. Even without the scrotum, the spermatic cords will still hold the testicles in place like yoyos on a string.

The scrotum is lined with a layer of smooth muscles that allow its surface to pucker up. This helps move the testicles closer to the body when they are too cold, and farther from the body when they are too hot. However, it's the cremaster muscles that surround the spermatic cords that lift the testicles closer to the shaft of the penis when a man is about to ejaculate. The cremaster muscles can also reel the testicles against a man's body when he is frightened. So there's a lot more going on down there than most people imagine.

Ball Plumbing



Sperm Go Into a Man's Body before They Come Out of His Penis

The testicles are glands or factories that produce testosterone and sperm. One testicle is often bigger than the other, and one hangs lower.

Sperm are produced in the testicles inside of small units called the seminiferous tubules. From there, the sperm are stored and aged in the epididymis, which sits above each testicle. Sperm are then pushed up into a man's abdomen through the vas deferens.

So contrary to what you might think, sperm don't go straight from the scrotum and squirt out of the the penis. Instead, they flow into a man's abdomen to an area that's behind his bladder. Then, as he's about to have an orgasm, the sperm move into a tube that runs through the prostate gland. They collect at the base of the penis, which is like a launching pad for semen. As soon as the man starts to ejaculate, out they go, squirt, squirt.

An Undescended Testicle

The medical term for undescended testicles is “cryptorchidism,” which is Greek for “hidden gonad.” One way to get a hidden gonad is to go surfing during the winter; another way is to be born with it.

Contrary to what seems logical, the testicles in the male fetus don’t form in the scrotum. Instead, they develop inside the abdomen. They don’t descend into the scrotum until shortly before birth.

Almost 3.5% of males are born with an undescended testicle. In most cases, it’s just one of the testicles that is undescended. The testicle will often descend on its own without medical intervention, so that by a year of age, only 1% of males still have an undescended testicle.

The problem with a testicle remaining undescended past the first year of life is that it tends to become infertile. So if the testicle remains undescended, the current practice is to treat it surgically. Attempts to coax the testicle down with hormone therapy have unacceptable side effects and any gains are usually short-lived.

If you are the parents of a child with an undescended testicle, be sure to get a second or third opinion from a pediatric urologist. As Dr. Joseph Dwoskin says, “There are as many opinions about testes as there are physicians who examine them.”

Late-Breaking News

Physicians are beginning to find that some guys who are sterile as adults got that way because they were playing sports without a cup and took a significant knock in the nuts. Any man or boy who is involved in a contact sport should wear a cup. Ditto if he is playing catcher in baseball. The downside of wearing a cup is the discomfort. The upside is they can make a guy look really well hung. For links to some cutting edge cups, see this page at Guide2Getting.com. These are not your grandfather's cups.

Performance enhancing drugs are also a leading cause of male infertility. They can do very bad things to your testicles.

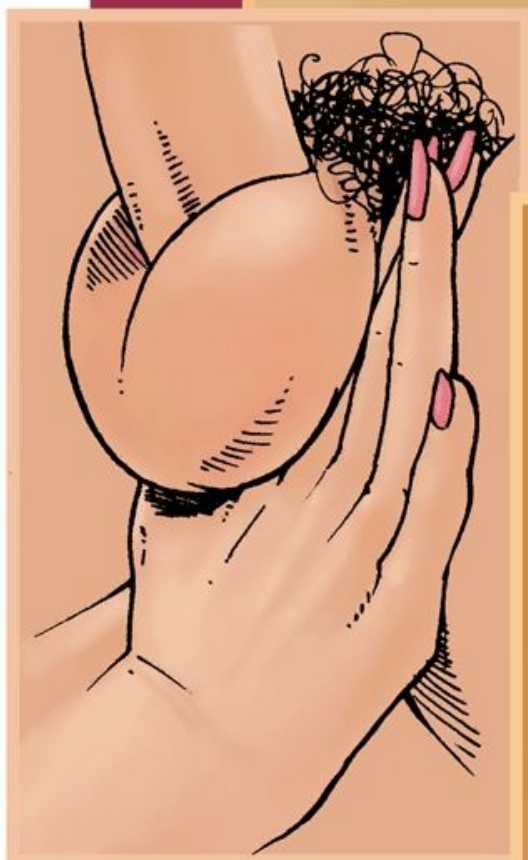
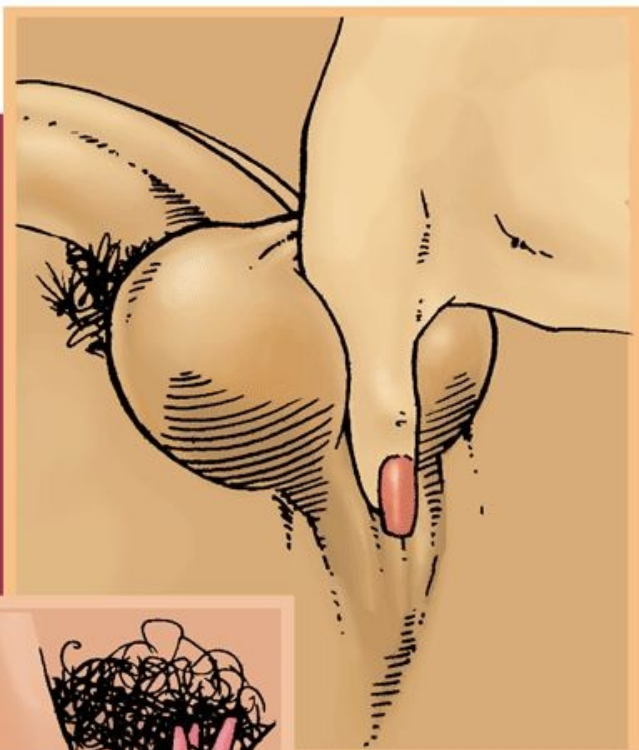
What Is a Varicocele?

The testicles need a supply of fresh blood to function. It's not difficult for the heart to pump blood into the testicles, because the flow is usually downhill. The problem is how to get the blood from the testicles back to the heart when a man is standing. To accomplish this, the veins leading away from the testicles contain small one-way valves. When these valves aren't working correctly, the blood can pool in the veins and make them bulge like a small bag of worms. This creates a condition that's called a varicocele, which effects 1 out of 6 to 7 men under the age of 25. Approximately 35% of men with a varicocele are infertile. For photos and more information, see the post on varicocele at Guide2Getting.com.

Testicle Pleasure

Ball Tending

If you are attempting to give your partner's testicles a satisfying caress, start by placing your fingertips on the sides of his scrotum and caressing lightly. Let his verbal feedback guide you. You might also try resting the palm of your hand over his penis with your fingertips pointing down. Experiment with lightly massaging the back part of the scrotum, where it attaches to his body. As your fingers move, the part of your wrist that's resting on his penis will move as well, which will double his pleasure.



You can handle a man's testicles during intercourse from positions like the reverse cowgirl where you are on top facing his feet. Different rear-entry positions may also allow you to reach between your legs and caress his testicles. Experiment and see what brings the most pleasure.



Some of the ways to massage a man's balls.

Perineum: Taint, Gooch or Grundle

There is a patch of anatomical real estate between the testicles and rectum which is often ignored but has the potential for sensation. It is called the perineum. (Women have one, too.) Place your fingertips on this area with enough pressure so the skin moves over the tissue beneath it. Experiment and see what feels best.

The Exquisite Brush-Off and More

Have your partner spread his legs and gently brush his inner thighs, testicles and whatever with a soft makeup brush or an artist's brush. Do circles around his scrotum. The sensation is subtle, somewhere between a feather and a fingertip. It can feel relaxing and exciting at the same time. If you enjoy taking control, you might tie your partner up first. If you're lucky, he'll grab the brush later and return the favor.

Also, don't hesitate to reach between your partner's legs and cup or cradle his genitals at nonsexual times, like when watching TV or while falling asleep. Some men will find this to be comforting and caring. For others it will be too arousing or unwelcome.



Cancer of the Testicles

The term “cancer of the testicles” is a misnomer. It should be cancer of the testicle (singular), given how it’s usually only one testicle that gets the cancer. The good news is we only need one testicle to be fertile and to have a perfectly normal sex drive. The reason for having the other testicle is for back-up and pocket pool.

Anyone with testicles can get testicular cancer, but it is more likely to affect younger men between the ages of 15 and 35. It is curable 97% of the time if detected early. Considering the testicles are hanging out and easily examined, you would think it is almost always detected early. But most guys between the ages of 15 and 35 assume that cancer is something that happens to people their parents’ age, so it is beyond their consciousness to check every month.

Another problem is that a lot of men would rather sit naked on a fence post than call the doctor’s office and say, “I’m concerned about my testicle, and I’d like you to check it out.” So they wait until the cancer has spread before getting care. This isn’t good, since some forms of testicular cancer can double in size in fewer than thirty days, and you won’t feel a bit of pain as it is happening. It would be easier if cancer of the testicles always caused pain. Then most men would go to the doctor immediately. But cancer of the testicles usually doesn’t hurt.

In spite of the way men feel about their own testicles, women are not necessarily enamored by them. So unless you’ve been caught cheating, most women would want you to be healthy with one testicle rather than dead with two. In fact, some guys who have lost a testicle to cancer play the cancer card quite effectively. Women are sometimes curious.

Partners and Symptoms

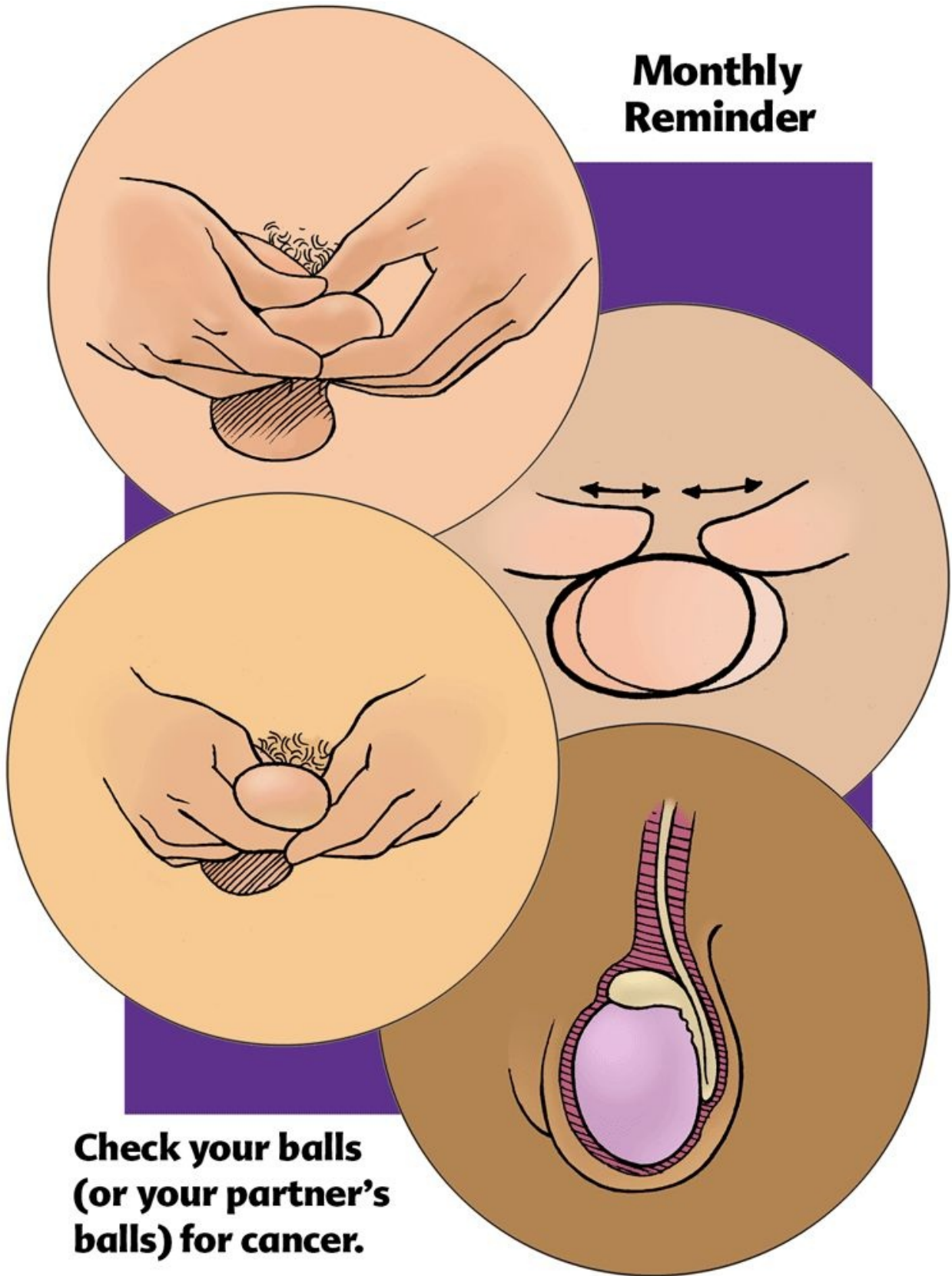
Cancer of the testicles is one of the few cancers where it is often a partner who discovers the problem. This can be a lifesaver. Hopefully, women readers will learn how to examine their partner's testicles in the name of health as well as pleasure.

The most common symptom to look for is a small lump or nodule on the side or sometimes the front of the testicle. It's usually not painful when you press on it. Another symptom is hardening of the testicle. While testicles can swell and shrink, it's time to get it checked when the entire testicle starts to lose its spongy texture. The same is true if there's unusual swelling in the scrotum. Less common symptoms include pain or discomfort in the testicles, back pain, swollen man breasts, or a feeling of heaviness or unusual discomfort deep in your pelvis.

Most of the things you will find in a scrotum besides balls aren't cancer and can often be treated with antibiotics. So don't assume your doctor is going to present you with bad news.

The mother of all ball-cancer websites is Doug Bank's incredible [Testicular Cancer Resource Center: tcrc.acor.org](http://tcrc.acor.org).

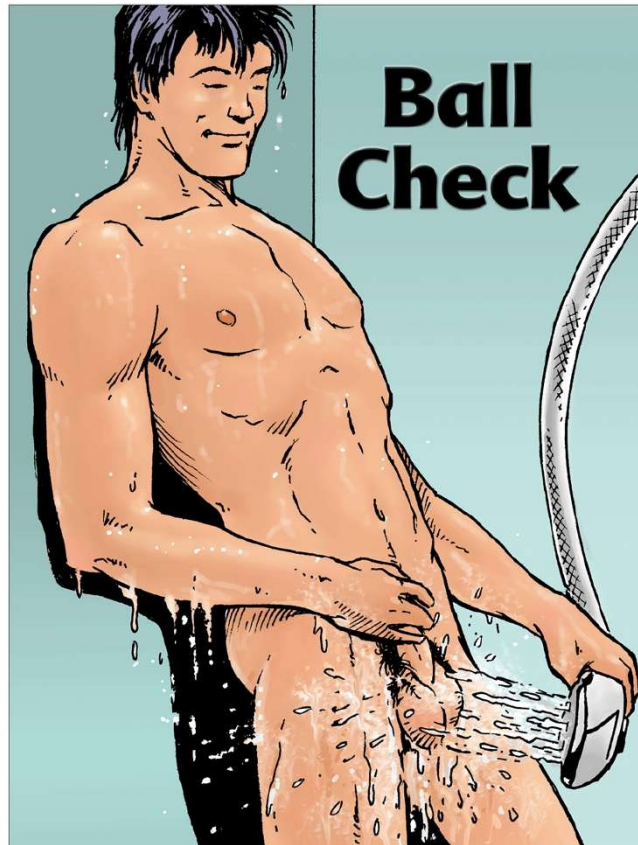
Monthly Reminder



**Check your balls
(or your partner's
balls) for cancer.**

BALL CHECK!

①



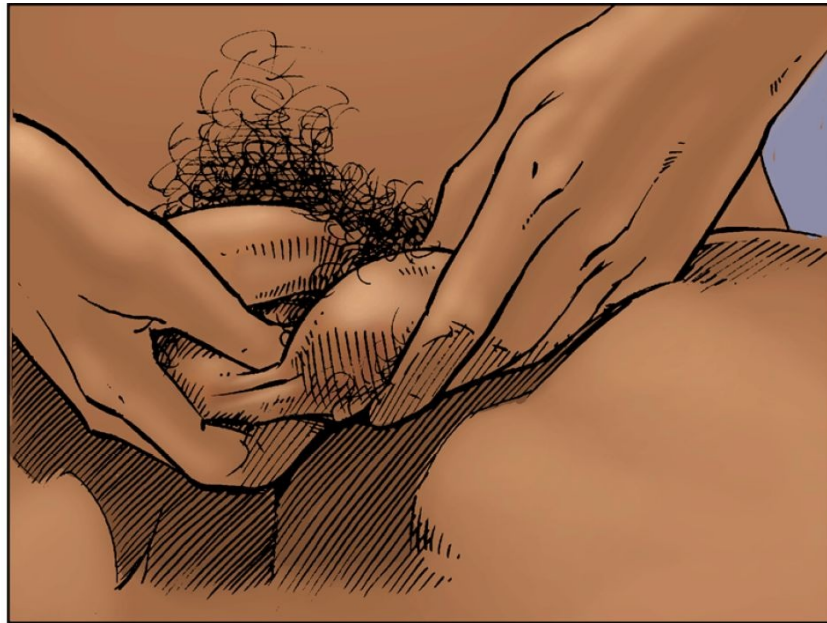
You need to do a ball check every 30 days or 10,000 strokes, whichever comes first.

The best time to check your testicles is after a warm shower, but not when you have an erection.

An erection can raise your testicles and make them harder to examine.

One of the things you are looking for are changes since the last exam, so it's important to know what your testicles usually feel like.

②

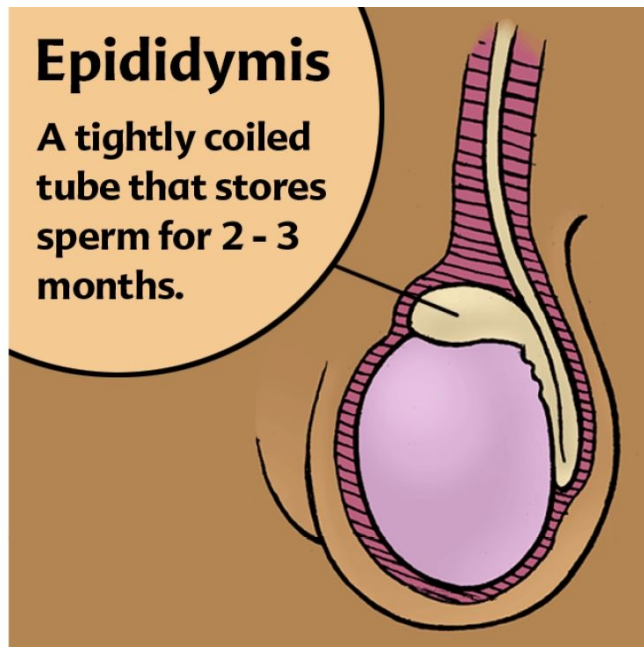


Use both hands. Grab a testicle. Roll it between your fingers. You are looking for any bumps or lumps. They can be smaller than a pea. Check the sides really well, and the top and bottom.

③

Epididymis

A tightly coiled tube that stores sperm for 2 - 3 months.



What You Are Feeling

When you feel your scrotum you may notice there is more inside than just two testicles. There are a couple of spaghetti-like cords that attach to each testicle at the back, toward the top. They are called the epididymis. They form a structure that is shaped like a comma. These might be fuller if you haven't ejaculated in a while. It may feel a little strange, but check out your comma for any small nodes, lumps or changes since the last time you checked.

④

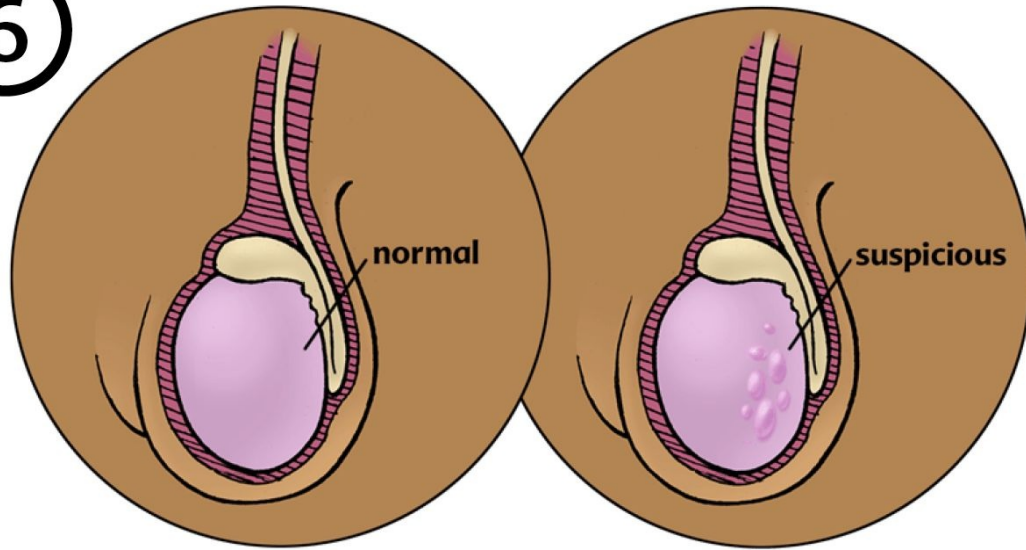


Squeeze that puppy. It should feel a bit spongy, although this can vary. Be aware if a testicle becomes extra firm or tender or starts to lose its spongy texture. Also note if the testicle is larger or smaller or heavier than it used to be.

⑤

Grab your other testicle and have at it.

⑥



If either testicle has any nodes, bumps or lumps, take it to a physician for a checkup. Chances are, it is only a cyst or infection, but that needs attention as well.

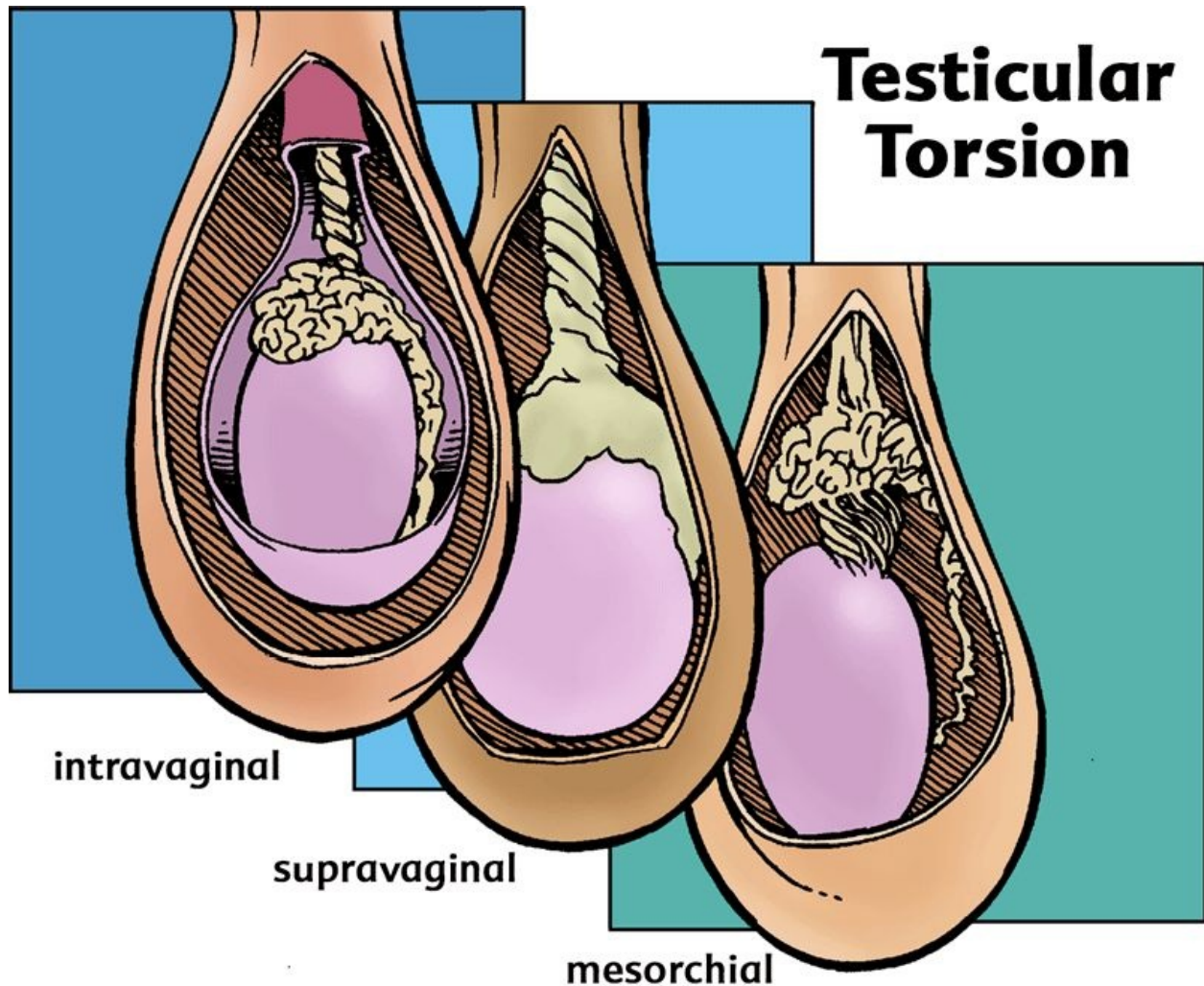
⑦

CONGRATULATIONS! You are done. Go click on some porn, and liberate a few million sperm.

BALL NOTES If you ever get popped in the scrotum and the pain lasts for more than ten minutes, get it checked by a physician. If not treated quickly, testicle trauma can cause your huevos to become sterile. Also, one ball is often bigger than the other. Nature made them that way.

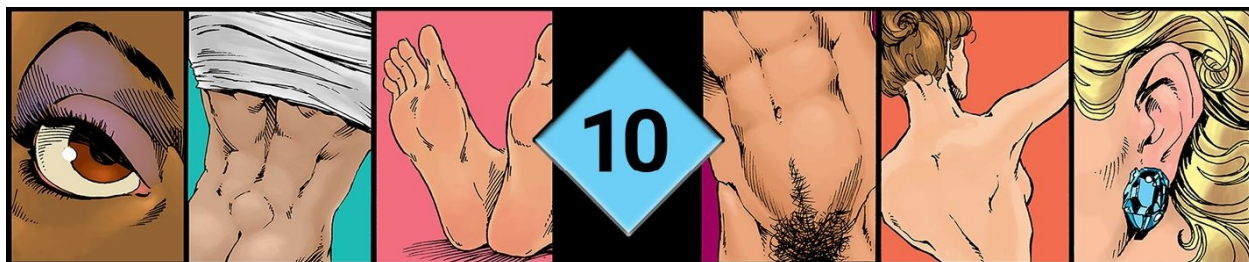
Testicular Torsion

Testicular torsion occurs when the testicle twists in the scrotum, causing the blood vessels in the spermatic cord to twist shut. It is very serious. If emergency surgery is not performed within four to six hours, it is quite possible that the testicle will be lost. This is why any sudden or acute pain in the testicles that lasts for more than ten minutes should result in an immediate trip to the emergency room. The same is true for an excruciating pain that appears for a few minutes and then suddenly stops. Don't take a wait and see attitude, as it might be too late if you gambled incorrectly.



These testicles were modeled after the illustrations in the excellent book “Imaging of the Scrotum,” by Hricak, Hamm & Kim, Raven Press.

Torsion happens more often in teeNagers, but adult males can get it as well. The potential for torsion is created when the testicle is not properly anchored in the scrotum. The three most common types of testicular torsion are illustrated above.



The Prostate & Male Pelvic Underground

This chapter is about the glands that produce more than 90% of semen—and they are not the testicles. When it comes to semen, the workhorse glands are the prostate and the seminal vesicles.

One of the truly cool things about the prostate gland is that it is completely hidden. It's the one sex organ a guy doesn't have to worry about the size of when he's naked at the gym or with a lover. Prostates are measured in grams instead of inches, and a man would have to be extremely neurotic before he'd worry about how his prostate stacks up against another guy's. Better yet, you will never hear one woman say to another, "You won't believe the size of Brandon's prostate!"

The other sex glands that are tucked inside a man's pelvis are the seminal vesicles, but you don't hear as much about them as the prostate gland because they rarely give a guy trouble. The seminal vesicles sit on top of the prostate like a pair of rabbit ears on an old time television set. They can make up to almost 80% of semen, depending on the man.

Without seminal vesicles and the prostate, tissue would only be for tears and runny noses, and porn actors would have nothing to make facials or creampie with. Ejaculation would be a non-event.

From Marbles to Golf

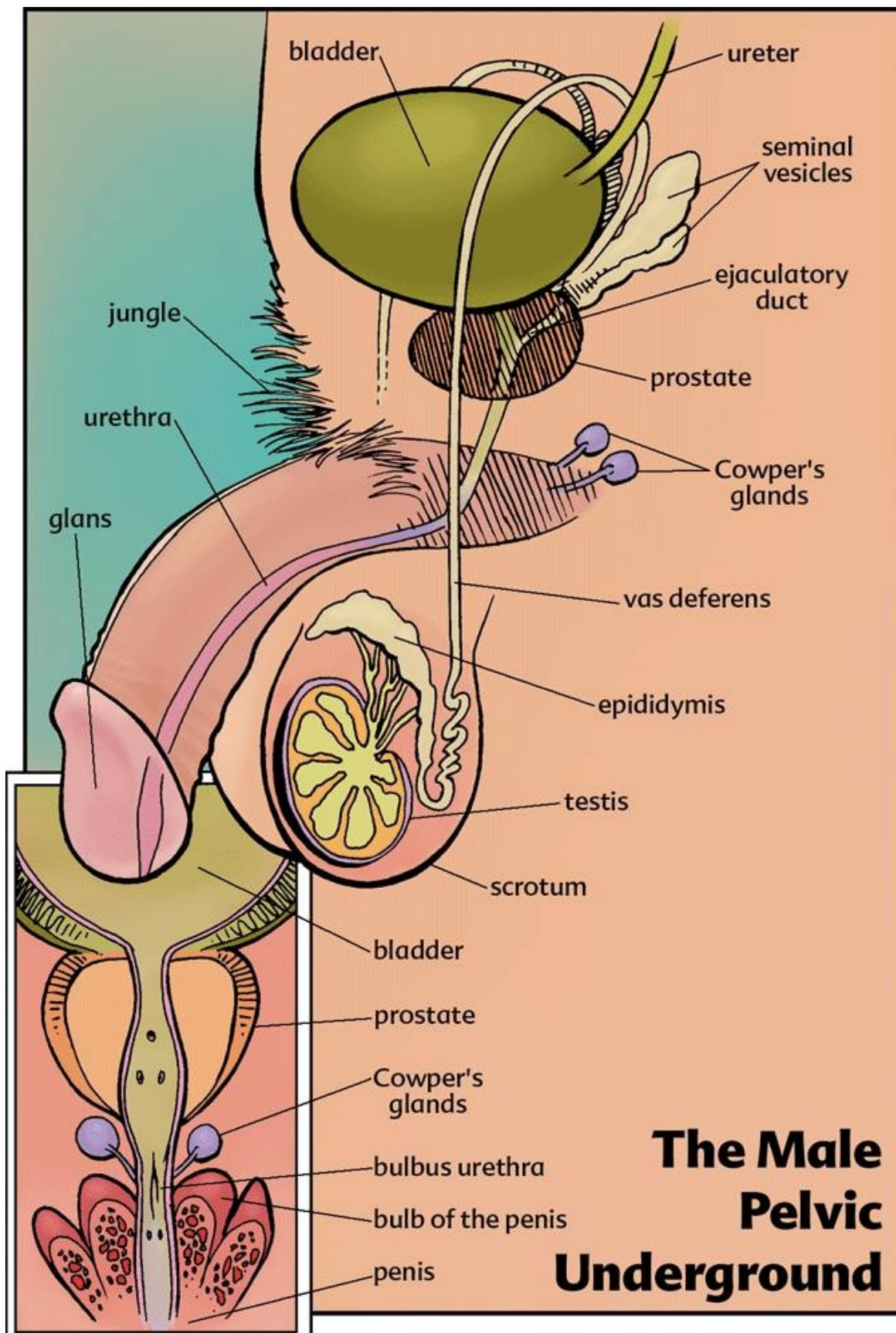
The prostate gland of a boy is about the size of a marble. If he jerks off, only a few drops of clear sticky fluid will come out. But his dad's prostate is the size of a walnut, small plum, or golf ball. That's because before puberty, the prostate and seminal vesicles are but a twinkle in the eye of their mature semen-producing selves. It will take a jolt of testosterone from a boy's teenage testicles to make his marble-sized prostate morph into a man-sized gland and to wake up his sleepy seminal vesicles.

The prostate is located at the bottom of the bladder. The urethra (tube you pee through) runs through the prostate like the Mississippi runs through the heartland. The prostate wraps around the urethra like a donut around a straw, or your hand around your penis when your spouse says, "Not tonight, dear."

The prostate is made up of smooth muscle fibers, connective tissue, small tubes, and clusters of glands that produce a clear fluid. It's a little like a miniature orange, with a tough skin and pulpy insides. To begin the process of ejaculation, the muscle fibers in the prostate squeeze the fluid from the tiny glands that are inside the prostate into the urethra.

The seminal vesicles are about two inches long. They sit above the prostate on the side of the bladder. They are a pair of puffy rabbit ears. The seminal vesicles have special cells that make a gelatin-type of juice that puts the "thick" in semen. The seminal vesicles manufacture most of the fluid that makes up semen.

While the testicles are the master glands of the male pelvis, they contribute less than 5% of each ejaculation. The testicles are hugely important when it comes to keeping a male looking like a man, but they don't produce much of his semen.

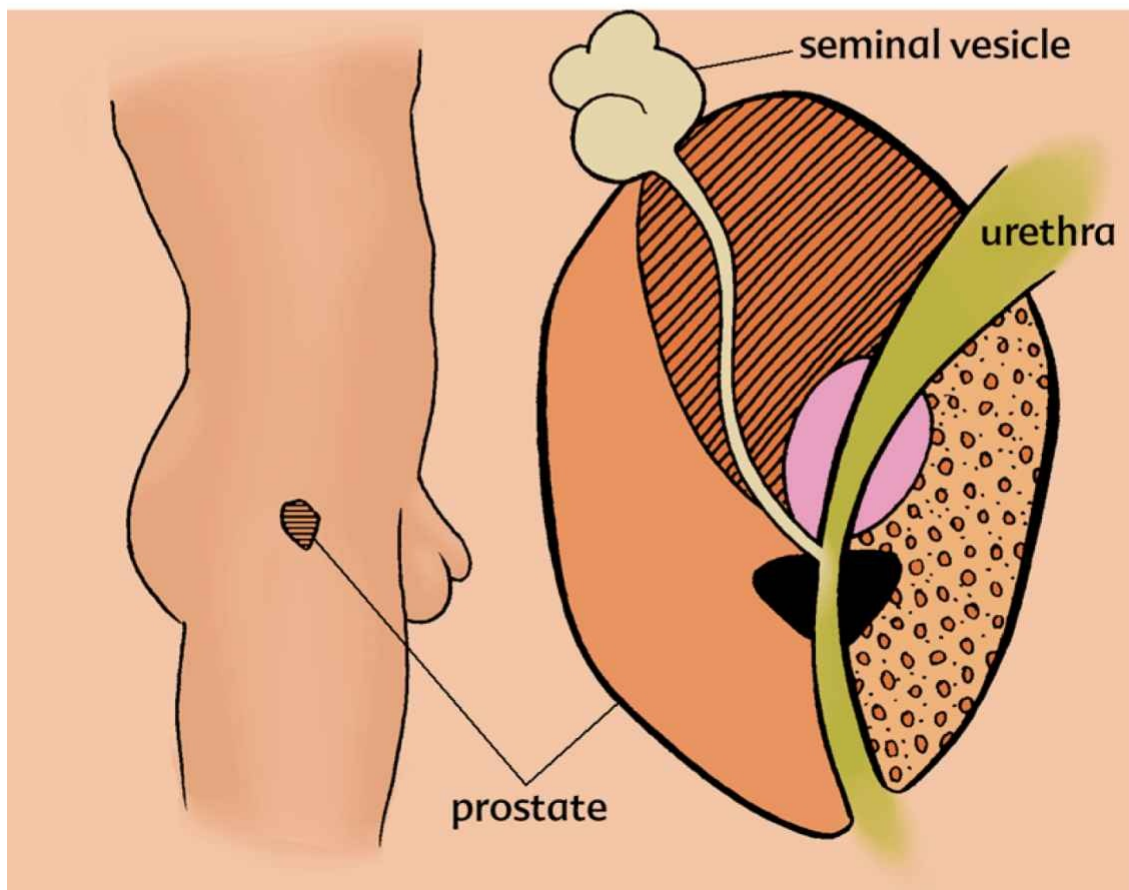
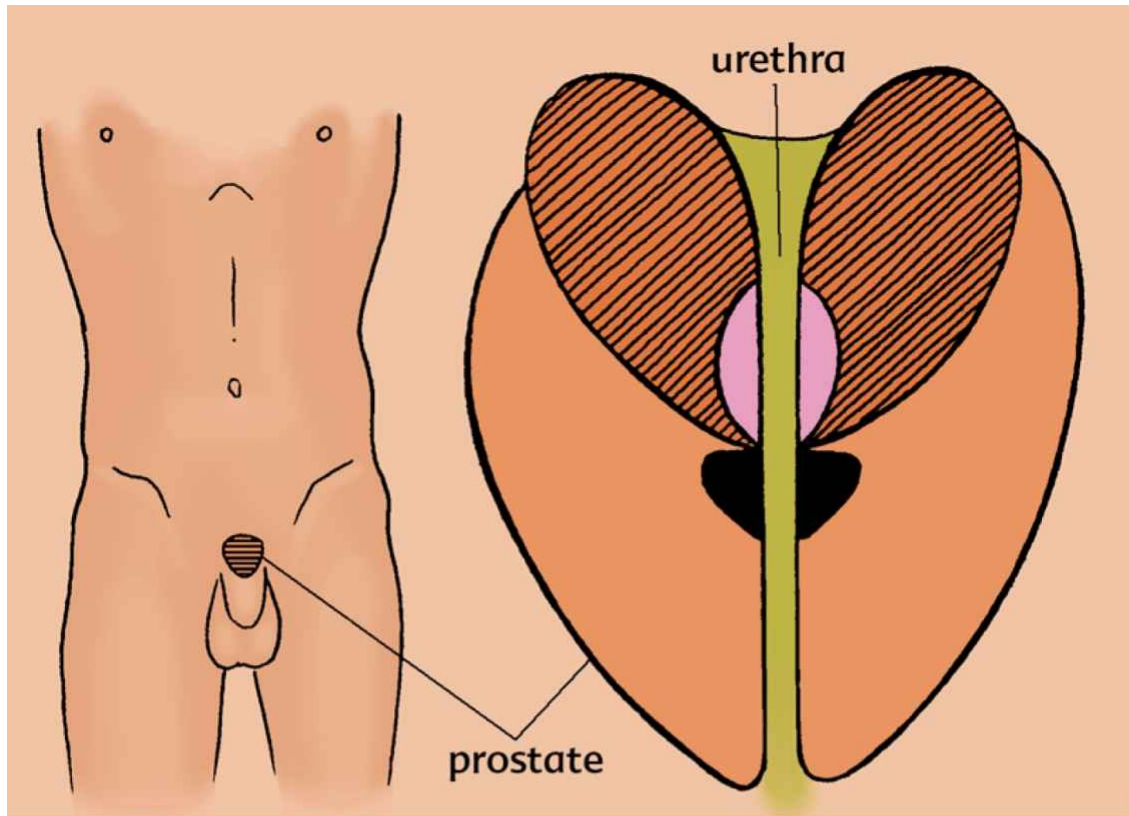


Why Women Drip after Intercourse without a Condom

Did you ever wonder why ejaculate shoots out of the penis thick, but drips out of a woman's vagina like it's water as she's tearing out of bed and trying to get to work or class on time? Blame it on the prostate.

Just before a guy ejaculates, the ingredients that make up semen collect in an area that's located near the base of his penis. These include a tiny squirt of sperm, a big squirt of thick fluid from the seminal vesicles, and a smaller squirt of prostate fluid that contains an enzyme called PSA. (Semen has more than 300 ingredients in total.)

The reason the fluid from seminal vesicles is thick is because this helps semen to collect near the woman's cervix once her partner's penis shoots it into her vagina. But then it needs to become more watery so the sperm can swim thru the opening of her cervix. PSA from the prostate gland is the catalyst that changes the semen from thick to thin, but it takes from 10 to 30 minutes to do its job. If you can't contain your excitement to learn more about this, see [Chapter 6. Semen Confidential.](#)



The Prostate Gland Cut in Half. Front and Side Views

Some people think of the prostate as a lump. However, as you can see from this diagram, the prostate is a complex organ that has a number of different parts to it.

The Prostate Was Named Correctly, But Not the Seminal Vesicles

The prostate was named in 300 B.C. by Herophilus. The word prostate meant “guard of the bladder.” The prostate glands that Herophilus studied were fresh and in working condition, as he was allowed to dissect the bodies of criminals while they were being put to death.

The name “seminal vesicles” implies they are containers that hold the semen. But that’s not correct. They manufacture several ingredients that go into semen, but the seminal vesicles never see fully-mixed semen any more than an ice-cream machine sees a hot-fudge sundae.

Curiosity Will Not Kill the Prostate

Some people can read about the prostate and that's that. Others will want to reach out and touch one.

There are two ways to feel a prostate: one is by doing the type of exam that a healthcare professional does. This is called a DRE (digital rectal exam). It will answer your curiosity, but not give a man pleasure. Be sure to trim and file the nail on the finger you are using. Put on latex exam gloves, and slather a generous amount of lube like KY Jelly on your finger. Have the man bend over.

You don't want your finger (or a sex toy, for that matter) to enter an anus at the same angle that an arrow does when you shoot it at a bull's eye. Instead, you want the pad of your finger to lay flat against his anus like it is when your are putting it against your lips and going "Shhhhhh!" As you are pushing the pad of your finger against his anus it should eventually begin to relax. This is your opportunity to ease the pad of your well-lubed finger farther into the opening. Then flip the tip of your finger from vertical to horizontal as you are pushing your finger up his butt. As long as you are gentle but firm there shouldn't be any need to call an ambulance.

Slowly push your finger in a couple of inches and start to explore. The illustration on the next page should help. The surface of the prostate will probably feel a bit like the tip of your nose, only bigger, or like the padded part of your thumb where it meets your wrist.

If you explore the entire surface of the prostate from side to side, you might discover it has an indentation running down the center. Also, experiment with different levels of pressure. Be sure to get lots of feedback. If a man can contort himself, he should be able to feel his own prostate with his finger. But the angle is terrible and it won't be comfortable.

Prostate Play vs. Prostate Treatment

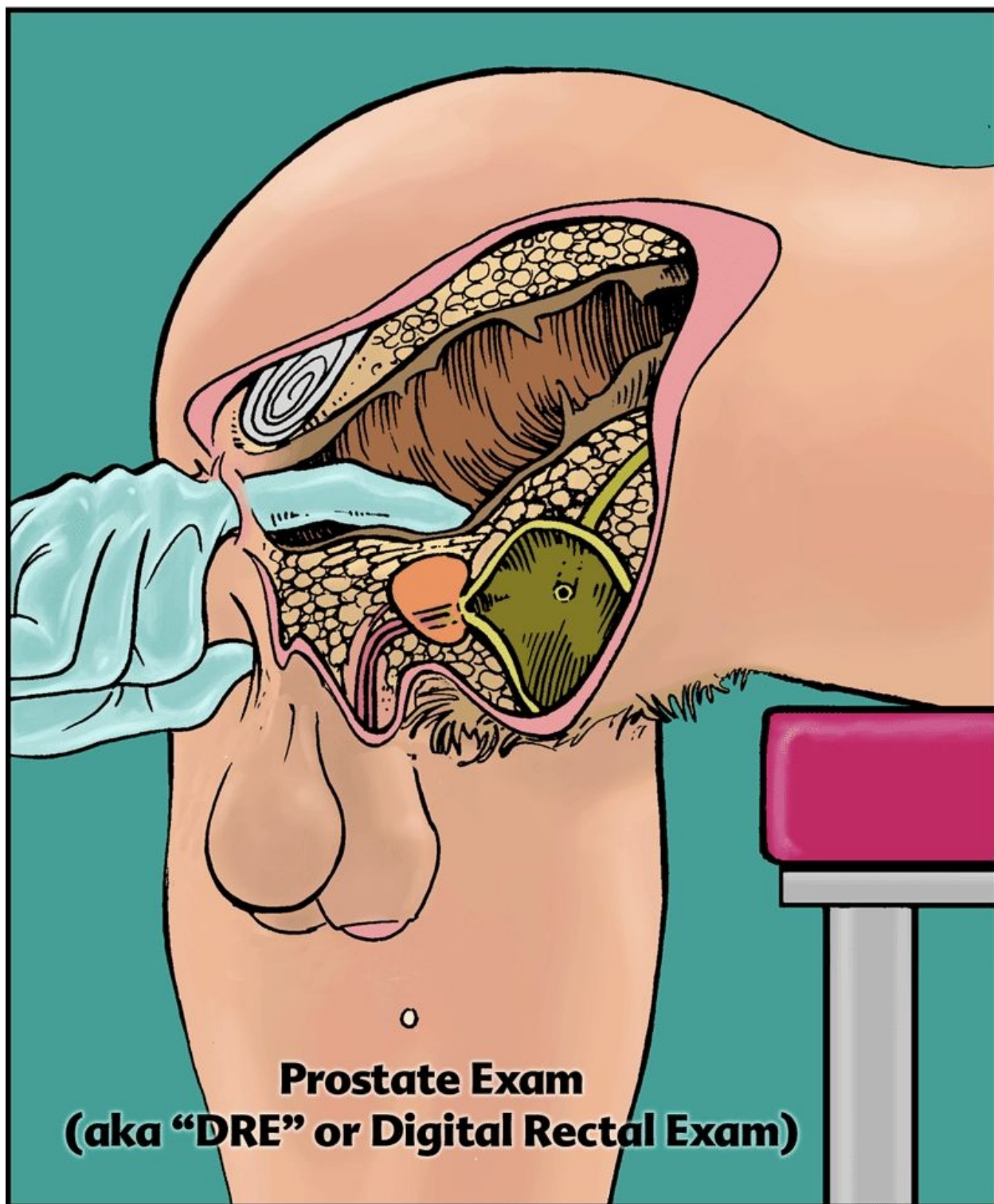
It's one thing when you are exploring a lover's prostate for fun. That's what the last part of this chapter is about. But it's quite another thing when a guy is having prostate problems and a health care professional tries to get fluid from it to study under a microscope.

One theory says that some types of prostate problems are caused by small pockets of infection that get trapped inside the gland. These pockets become surrounded with a hard material that encapsulates the infection. The purpose of a prostate massage as done for medical analysis and treatment is to push hard enough to burst these pockets of infection open. This requires a good deal of pressure that's not any more sexually arousing than having a mammogram done. But when you are stimulating a man's prostate in a sexually exciting way, you are pushing only as firmly as he tells you to. There is no medical agenda.

Getting a Good Prostate Exam

A lot of physicians who are too embarrassed to do a good prostate exam will stick a finger up a guy's rear with lightning speed, touch it long enough to say, "Tag, you're it," and yank their finger out. It's a wonder why they even bother. This would be the same thing as waving a wand over a woman's crotch and telling her she's had a pap smear.

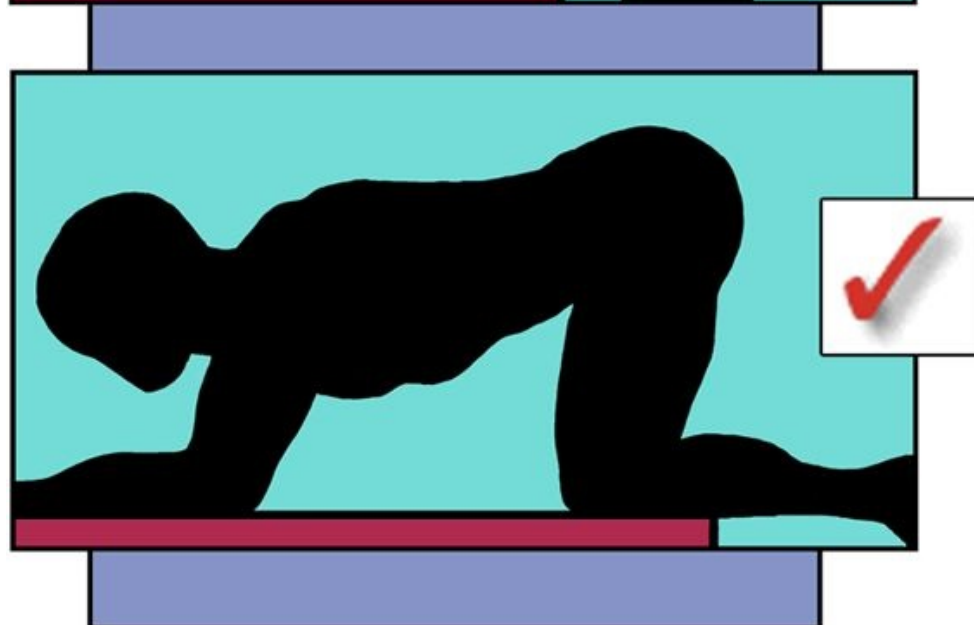
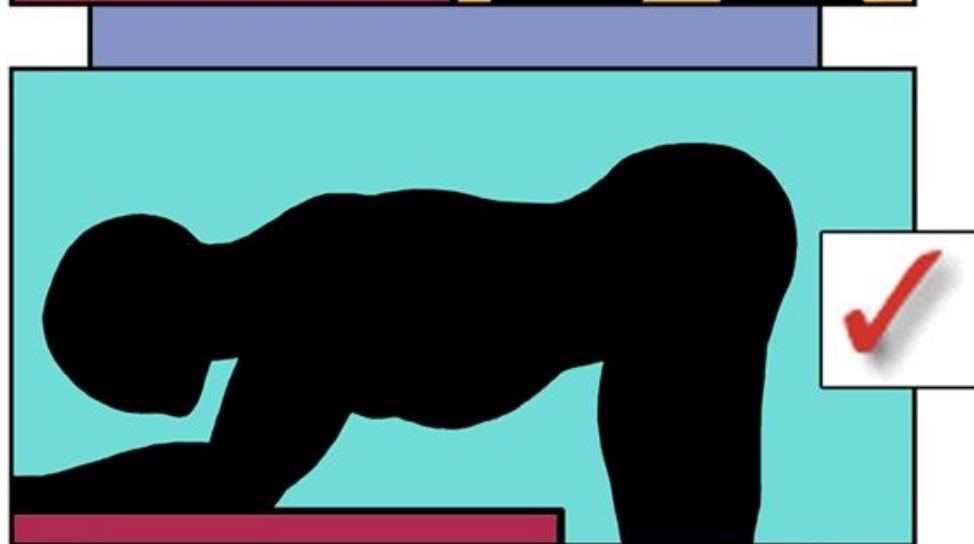
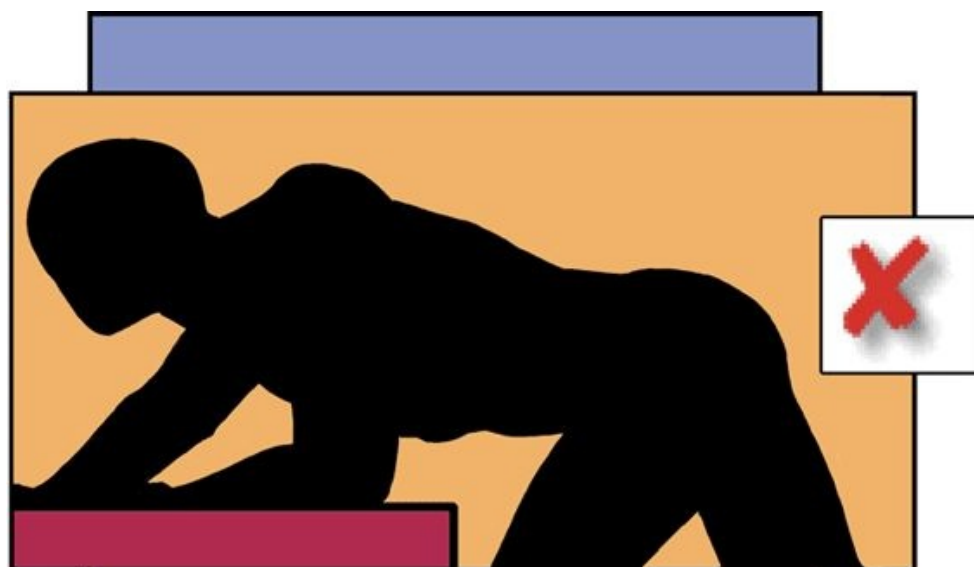
One of the reasons why a "Tag, you're it" type of exam is useless is because all the examiner can feel is the surface of one-third of the entire prostate gland. He or she is trying to get a lot of information without being able to put a finger on most of it. Some of the things they are trying to determine are the size and symmetry of the gland, if there are lumps in it that might raise suspicions about cancer, and if it is spongy or hard.



Our medical consultant estimates he has done more than 35,000 prostate exams during his career in urology. He says a thorough prostate exam takes time and concentration. He tends to close his eyes once his finger reaches gland zero

so he can focus better on the limited amount of information he is receiving. For him to feel like he's done a good job, he has the man stand or kneel square with his butt pointing up in the air.

While a DRE isn't going to provide any answers by itself, it is one piece of information that might be helpful in ruling out conditions like BPH, prostatitis, and cancer. Yikes — BPH, prostatitis and cancer?



The examiner can reach only about a third of the entire prostate. So she tries to check for symmetry in the lobes of the gland. To do this correctly, a man needs to be standing or squatting square, with his butt sticking up and out.

Trouble in the Pelvic Underground

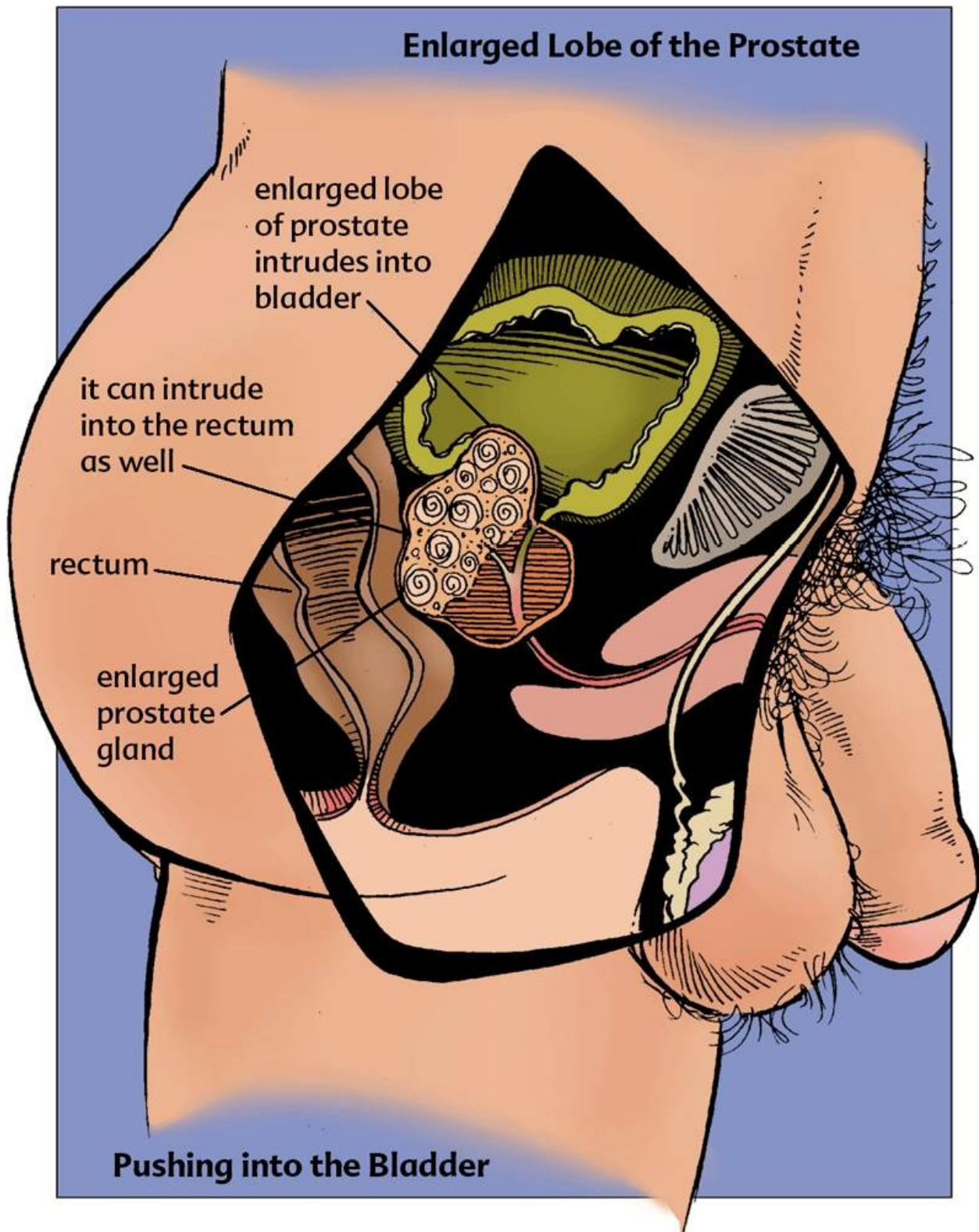
A gland that has to spend its entire life next to a guy's asshole is going to get uppity every now and then. We're talking a life sentence without parole inside a human porta-potty. So if the gland wants to revolt, what are its options? Its most immediate targets are the bladder and the urethra. With a little enlargement here and there, the prostate can nearly cripple a man's ability to pee normally and to fully empty his bladder. It can cause such an urgency to urinate that he can't hold it for long or it can make him wake up four times a night. It can also interfere with his ability to ejaculate or to even walk or sit without discomfort.

Most prostate glands get bigger as a man gets older. This is perfectly normal. The problem is there's no room in a man's pelvis for prostate expansion. As you can see from the illustration on the next page, if the gland grows one way it's into his bladder, the other way it's up his rectum. Or the growth might occur on the inside of the gland, where it can push against the urethra and clamp it shut.

The prostate is one of the most understudied parts of the human body. Scientifically valid studies on the prostate are few and far between. Although prostate cancer is the third-most-common kind of cancer men get, there isn't a huge amount of science to guide physicians. Half of all men will at sometime have BPH (Benign Prostatic Hyperplasia) or prostatitis, yet treatment remains more of an art than a science.

Prostatitis is a syndrome that can include pain in the pelvis, painful ejaculation, pain with erections, an array of urination problems, and pain with life in general. Some men say it feels like they've got a golf ball up their butt."

Prostatitis is often described as a young man's disease, yet it can pummel the pelvis of any man at any age. It can be caused by anything from an infection to chronic tension in the pelvis, although infection is found in less than 10% of all cases of prostatitis. To quote an article in the *Journal of Urology*, prostatitis is a syndrome that is "poorly defined, poorly understood, poorly treated, and bothersome." Or to quote our prostate expert, "Prostatitis is a young guy's disease that is not diagnosed properly and is not treated properly."

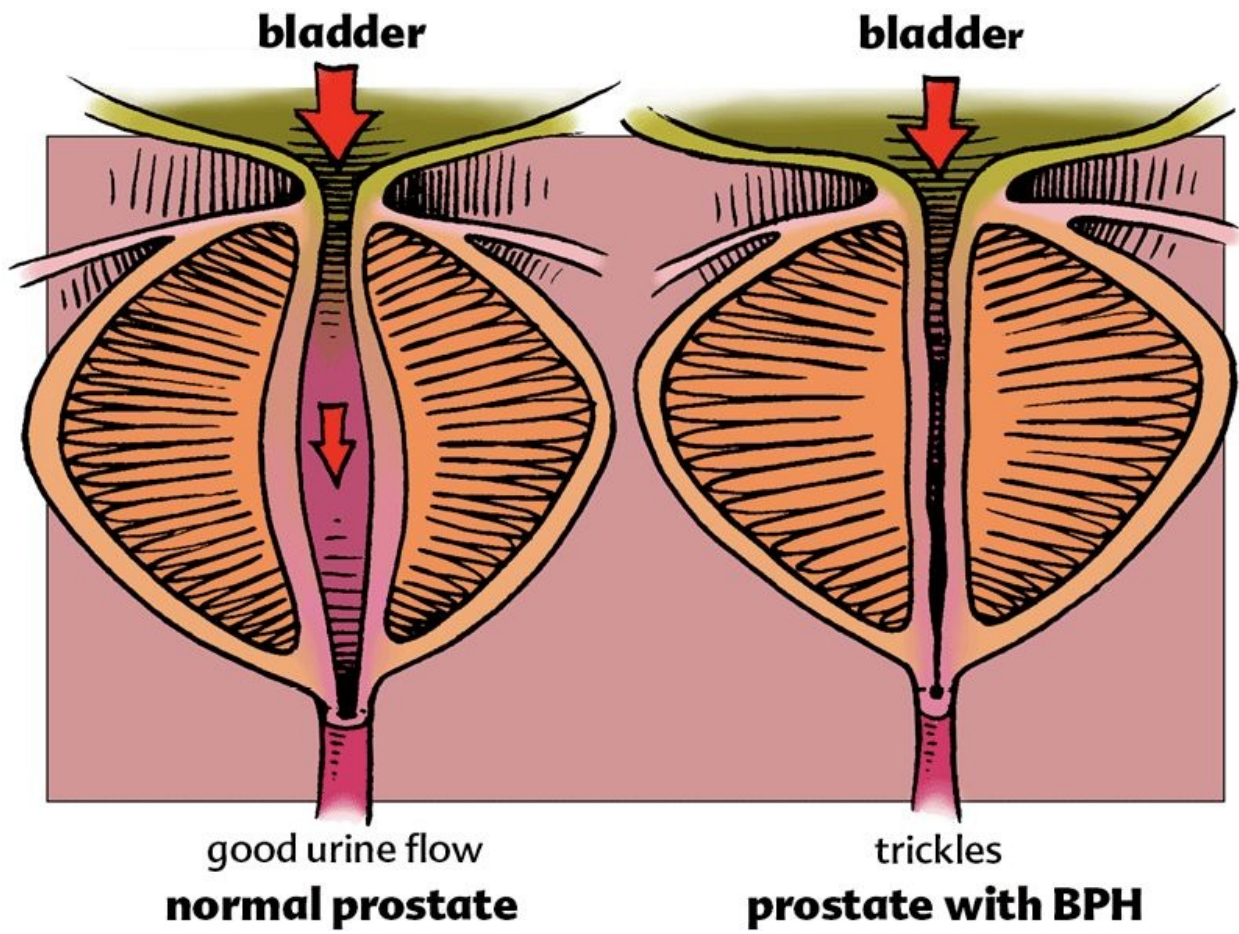


This is what it looks like when a lobe of the prostate swells and pushes into the floor of the bladder. It can cause intense bladder discomfort. When a man tries to urinate, this enlarged lobe can push against the opening of the urethra and block the flow.

If a man experiences a sudden, acute attack of pain in his pelvis, he should see a physician as soon as possible. This kind of prostatitis can usually be treated successfully. But if he has chronic prostate problems, heaven help the poor dude. He will need to educate himself about prostatitis. An excellent source of information is www.prostatitis.org. After he has an idea of just how many theories there are and how complex the problem can be, he needs to find a good urologist. The prostatitis.org website usually keeps a list of urologists who people have had positive experiences with.

Since chronic prostatitis tends to wax and wane, a lot of men take several courses of antibiotics, thinking that the antibiotics helped it improve the last time around. This is not a good idea. You need to approach chronic prostatitis with patience and intelligence. A shot gun approach is not wise.

Regarding sexual practices and prostate health, there aren't many studies to offer guidance. Having anal sex without a condom (barebacking) could make the man who inserts his penis vulnerable to irritation in his urethra and possibly prostate because *E. coli* can cause prostatitis, and there are abundant legions of *E. coli* in our rectums. There are also concerns that a man can be leaving bacteria from a prostate infection in his partner's vagina. So if you have prostate problems, talk to your urologist about your sexual practices.



BPH (Benign Prostatic Hyperplasia)—Middle-Age or Older

Let's say you are getting close to fifty and you notice that the wall doesn't shake anymore when you are peeing at a urinal. Or maybe you don't make it through the night like you used to without having to get up to urinate. This could be due to a prostate that is getting larger.

It is called BPH when your prostate gland is enlarged and physicians don't think you have cancer. The symptoms can range from mild to severe. One of the fascinating things about BPH is that the prostate can be greatly enlarged in a man who experiences no troubling symptoms, or it can be completely normal in size but the man is in agony. In the latter case, the swelling might be on the inside of the prostate, clamping the urethra shut.

Although BPH and prostatitis are supposed to be two different things, a man who is under 40 is likely to be given the diagnosis of prostatitis while a man who is over 50 is likely to be given the diagnosis of BPH, even if they have the exact same symptoms.

Prostate Cancer

At least one-third of all men over the age of fifty have an early form of prostate cancer, as well as 90% of men over the age of ninety. Most of these cancers stay where they are and the men never know it is there. When this kind of cancer does grow, it often remains inside the prostate and is not aggressive. However, some forms of prostate cancer can be very aggressive. The challenge is in determining which is which.

Prostate cancer is sometimes diagnosed on a wing and a prayer. One of the big concerns with prostate cancer is deciding when to treat it aggressively and when to take a “wait and watch” attitude.

One test that can possibly indicate the presence of prostate cancer is called the PSA test. PSA is the enzyme that makes a guy’s ejaculate go from thick to watery. When the level of PSA in the bloodstream starts to rise, it might be due to cancer of the prostate. On the other hand, BPH can also cause the PSA level to rise, and some men who have prostate cancer show no rise in their PSA level at all. Researchers are trying to find ways to improve these tests. Either way, if you have any concerns, please check with a healthcare provider.

According to Newton Malerman, author of *The Prostate Health Workbook*: “If you are diagnosed with prostate cancer or any other serious illness, take someone with you to your doctor’s appointments. My wife was able to ask much clearer and tougher questions than I was. If you are single, or your spouse or partner is too emotional about what’s happening, take a trusted friend or family member.”

If you have cancer or BPH and if surgery or radiation is being suggested, ask if it will cause incontinence, impotence, a shorter penis, dry ejaculations or if you will squirt urine when you ejaculate. Inquire about vacuum pumping your penis after surgery. Search websites and forums because some of your best help will come from the posts of men who have been through it before you. However, be aware of which companies contribute funding to the websites you are searching. It is unlikely these companies will tolerate posts that question wisdom of taking their products.

Prostate Massage for Pleasure

Prostate play should never feel like a rectal exam. If a healthcare provider took the time to caress and massage your anus like a lover should before sticking a finger up it, he or she would probably lose their license. Or they would be so popular it would take months to schedule an appointment.

The following tips are from Charlie Glickman's *The Ultimate Guide to Prostate Pleasure: A Guide for Men and Their Partners* and from a video called *A Guide For Prostate Massage* from The Pleasure Mechanics.

■ For prostate massage positions, there's face up and face down. See which one works best for both of you.

■ Lube up your fingers with massage oil. Begin with external massage just below the testicles in the perineal area. Glide a well-lubricated finger around the outside of the anal opening, making circles around it. Don't try any penetration until the opening becomes relaxed.

■ Don't push your finger into the anus. If you've massaged the outside for long enough, the anal sphincters will relax and allow easy insertion of the finger. Gradually increase the pressure, but don't push your finger farther in than feels comfortable for the man.

■ Sometimes all that's necessary is putting your finger in a quarter or half of an inch. Massage there and call it a day if plumbing your man's depths is not pleasurable.

■ The sphincter muscles are like two small donuts that sit above the anal opening. If your finger encounters resistance when it reaches the sphincters, stop there. It means the man is not relaxed enough to go farther.

■ Once you reach the prostate, you might try a "come here" motion. Also try moving your finger in circles around the prostate. It should never feel painful or uncomfortable for your partner. Also try gliding your finger from the outer edge to the center of the prostate.

■ Some men experience prostate stimulation as being midway between the sensation of needing to pee and having an orgasm. Men who enjoy prostate

stimulation say it can create wavelike sensations through their entire pelvis and body. Orgasms that occur from stimulating the penis while the prostate is being massaged can sometimes last longer and result in more sensation.

■ When you are ready to stop, let your finger glide out slowly; never pull it out quickly.

■ The surface area of a dildo or anal sex toy is larger than that of a finger. This results in a different sensation on the prostate than a finger. Some men prefer the sensation of an anal sex toy on their prostate more than a finger, others like the greater precision that finger massage offers.

■ You might try stimulating his penis at the same time you are stimulating his prostate with your other hand. You may need to go easy on the penis, as it might be more sensitive due to the simultaneous prostate stimulation.

■ The prostate will swell as the man becomes more aroused. You'll be able to feel this with your finger, especially right before ejaculation. You should be able to feel ejaculation-related swelling with your finger.

■ Some men find that direct prostate stimulation results in a super intense orgasm, while others find it's too much or it dulls the feeling of orgasm. They might prefer that you just push against the rim of the anus with a finger.

■ For men who want to stimulate their own prostates, an S-shaped lucite sex toy like the Crystal Wand or a special butt plug might help. There are several different devices for prostate stimulation.

Resources for Prostate Massage and Pleasure:

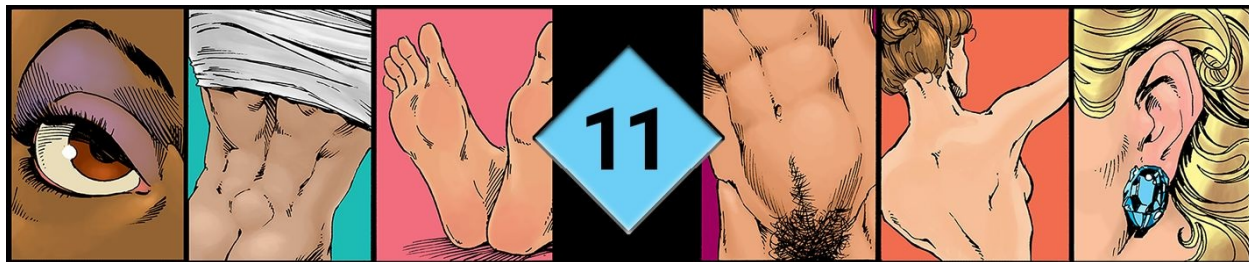
The Ultimate Guide to Prostate Pleasure: A Guide for Men and Their Partners by Charlie Glickman, Clies Press. A thoughtful and well-written book for any man or couple who wants to explore the prostate and its potential for extra sexual pleasure.

A Guide For Prostate Massage from The Pleasure Mechanics. This is a brief video that couples will feel very comfortable watching together.

Resources for Prostatitis and BHP

Be sure to visit the extremely thorough and competent website of the Prostatitis organization: www.prostatitis.org.

Thanks: A very special thanks to Dr. Joe Marzucco, formerly of the Portland Kaiser Urology Department and now a sex therapist in private practice in Portland, Oregon. Thanks also to John Schulman, a sex educator in Corvallis, Oregon, who helps students learn how to do prostate exams.



What's Inside a Girl?

What follows is an experience I had with women's genitals when I was 11-years-old. I had been in the city for a week visiting relatives and it was time to catch the Greyhound bus to return home.

Busses didn't always have bathrooms, so it was good to go before you boarded. The men's bathroom in the Greyhound bus depot was a palace of porcelain fixtures and horrible smells. At the end of a long row of sinks sat three vending machines.

One of the machines had men's colognes; you could spritz yourself with Old Spice or Brut for a dime. The next machine had a strange looking product from France that claimed to tickle women. And the third machine said *Instant Pussy—2 Quarters*.

To put this into perspective, candy bars weren't much more than a nickel, and two quarters amounted to a near fortune. But the front of the third machine promised a facsimile so exact that you couldn't tell the instant pussy from the real thing.

For the next fifteen minutes, I pondered the ultimate existential question: ten candy bars or instant pussy, ten candy bars or instant pussy, ten candy bars or instant pussy.

It was different for boys back then. There was no Internet and "porn" consisted of nudist magazines with women who had so much pubic hair that it looked like a Pomeranian dog was sitting on their laps. Beaches were no help either—bikinis as we know them were a dream of the future, and the bottoms of two-piece bathing suits were a cross between granny panties and Spanx. You learned more from reading the instructions in your sister's box of Tampax.

So you can understand why a boy might have left the men's bathroom with two fewer quarters and a sense of hope that a box of Instant Pussy would reveal something about one of life's greatest mysteries. The rest of the day was spent in quiet anticipation, with thoughts of instant pussy overwhelming whatever sights and sounds the long trip home had to offer. After hours on the bus, I arrived

home and anxiously opened the small box. The instructions said, “Place capsule in a large glass of warm water.” I took out a thermometer and made sure the water was a perfect 98.6. Then came the big moment. I crossed myself and revved up my courage. My trembling fingers dropped the capsule into the glass. Then I waited for the mystery to unfold. And I waited. And I waited.

Forty minutes went by before the gelatin capsule melted and revealed a thin piece of sponge in the shape of a cat.

A grown man would have known to go for the candy bars. But I was still clinging to the hope that there were answers to questions that were so much bigger than I was.

Porn vs. Reality

Porn has become the gateway for all things having to do with sex. In porn, a woman's vagina and rectum are pleading for a penis any time a guy gets hard. There is no discussion, preparation, or need for permission. If a man approaches a woman's genitals in the same way he does his own—or the way he sees it done in porn—he and his partner might be missing out on a lot of fun.

Women's Sexual Anatomy — The Nerve of It All

Years ago, a scientist named Kermit Krantz dissected the genital regions of eight dead women. He explored how women's genitals are wired. It is difficult to find a single research report on women's sexuality that is of more value than the one produced by Kermit Krantz.

Dr. Krantz found a great deal of variation in the way the nerve endings are distributed throughout the different women's genitals. While there tended to be a higher concentration of nerve endings in the clitoris, the amount varied significantly among the different women. Some had more nerve endings in the labia minora (inner lips) than in the clitoris, and some women's nerve endings were highly concentrated in one area while other women had nerve endings that were spread out over a larger area. To quote Dr. Krantz:

“The extent of innervation in different females varies greatly.”

What this suggests is that no two women get off sexually in the exact same way. Each woman needs to explore her own unique sexual universe, from where to touch to the kinds of fantasies that get her off. One woman might love oral sex and only be so-so about intercourse, while the next craves a penis between her legs. Another woman might prefer oral sex with Trevor, but intercourse with Isiah.

A man won't know what a woman likes in bed until she tells him. It's not the sort of awareness he is going to assimilate during a one-night stand or from watching porn. He needs to feel comfortable asking questions and taking direction. She needs to feel comfortable teaching him about her body. If she doesn't know, they can learn together.

Show & Tell

“While women speak to each other in graphic terms about things like menstruation, blow jobs, and the ratio of penis size to male ego, we usually don’t talk to each other about what our crotches look like; not that we’d necessarily want to.” *female age 34*

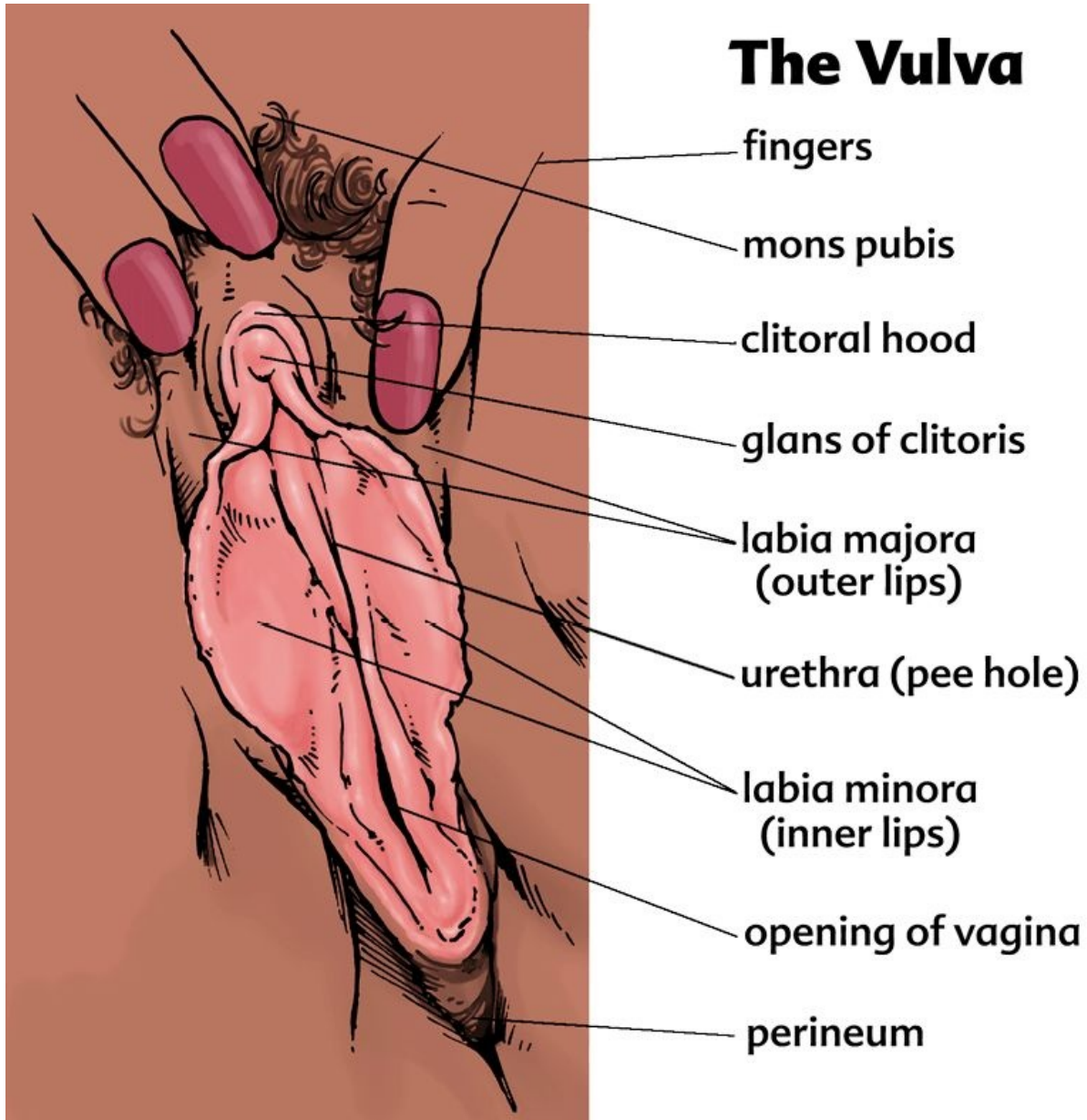
Most guys know what their penises look like. That’s because penises stick out. Guys often wag or squeeze them each time they pee. Not so for women. A lover often sees more of a woman’s genitals than she does. Even when women do look at their genitals, much of the sexually reactive parts are hidden inside of their pelvis where they can’t be seen. In this chapter, we’ll try to even the score.

What to Call Women's Genitals

Men and women often refer to everything between a woman's legs as her vagina or "down there." Sex educators, (and I used to be among them), would come unglued about this. That's because what sits between a woman's legs is her vulva, not her vagina. You don't begin to see a woman's vagina until the lips of her vulva are spread.

I've gotten over this. Every time I say "vulva," someone will look at me strangely and say "You mean the car?" What concerns me far more than the name we use is that too many young women and men think that women's genitals are dirty or smelly. I'm also hearing from college instructors that a lot of young women feel "it's nasty" for them to masturbate. It's okay for men to masturbate, but not women. So I'm fine with whatever you want to call women's genitals, as long as you give them the awe and respect they deserve.

The Vulva



The Mons: Love-Making Ally

The mons pubis is a fleshy mound of tissue that sits on top of the pubic bone. It is made up of fat and is usually covered by pubic hair, unless a woman shaves.

The tissue inside the mons is sensitive to estrogen. So when a woman goes through puberty, the sudden ramp up in estrogen makes the tissue expand and turns the mons into a mound.

The mons pushes the upper part of the larger labia out and forms the pudendal cleft, which is the top part of what some people call “the camel toe.” Some mons are very prominent, others not so much.

The suspensory ligament of the clitoris has its base in the mons pubis, and the neck of the clitoris runs through part of the mons. This is why some women will push, pull, or make a circular motion with their fingers on their mons when they masturbate. A woman might also enjoy it if a partner pushes the mons up with his fingers when he’s giving her oral sex. This can change the angle of the clitoris and could increase the sensation. A woman might also like it when her partner rubs the mons in a circular motion or gently tugs on her pubic hair.



Women Readers Who Sat on Copy Machines!

Outer Lips

The ancient Romans got it wrong. They named the outer lips “labia majora” (big lips) and the inner lips “labia minora” (small lips). They should have called them “inner” and “outer,” given how the inner lips are often more major than the outer lips. The outer lips or labia majora can vary greatly in size, shape and color.

The outer lips are made from the same tissue as the scrotum. This is why their skin is so similar to that of the scrotum. Both have similar sweat glands, nerve endings and hair follicles, and both produce the same nice sensations when they are kissed and caressed.

As a woman becomes sexually aroused, the blood flow into the outer lips increases. However, the increase is not as large as occurs in the inner lips and other parts of women’s genitals during sexual arousal.

In terms of human development, if a fetus is going to be a boy, nature fuses the outer labia together to create the sack that will become the scrotum. The seam down the middle of the scrotum is where the outer labia were fused together. Otherwise, the lips don’t fuse together.

Inner Lips

The labia minora or inner lips often give women's genitals their unique personalities. They start just beneath the clitoris and can run all the way to the bottom of the vagina. They fan out in different ways and when a woman is aroused, they perk up and deepen in color.

The inner labia come from the same tissue as the head of the penis, only they are thinner. They are sexually reactive, which means the tissue becomes engorged with blood and can double or triple in thickness when a woman is sexually aroused. The skin on the inner labia has no hair, and the edges of the labia minora are packed with nerves. This is why touching and caressing the inner labia can feel so good.

Since the inner labia attach to the bottom of the glans of the clitoris, some women enjoy it when a lover gently tugs on them or massages them. This is an indirect way of stimulating the clitoris. Some women will tug on their inner lips or stroke them when they are masturbating.

The inner lips can be from three-quarters of an inch long to four inches long, and they can be from one-quarter of an inch to two inches wide. They can stretch a bit when pulled on. They are often asymmetrical, and it's normal for one to be double the width of the other. In some parts of Africa the labia minora can be as large as eight inches because the women intentionally stretch them. Here in the States, women worry their inner labia are too big and some even consider having them surgically downsized with an operation called labiaplasty.

During intercourse, the inner lips are pushed and pulled with each stroke of the penis, which can tug and stimulate the glans of the clitoris.

Porn Is No Friend of the Inner Labia

Porn loves small inner labia. Some porn actresses have inner labia that are naturally petite, while others had theirs surgically trimmed. As for perspective on what labia of women really look like, one of the best people to ask would be a lesbian photographer and pornographer:

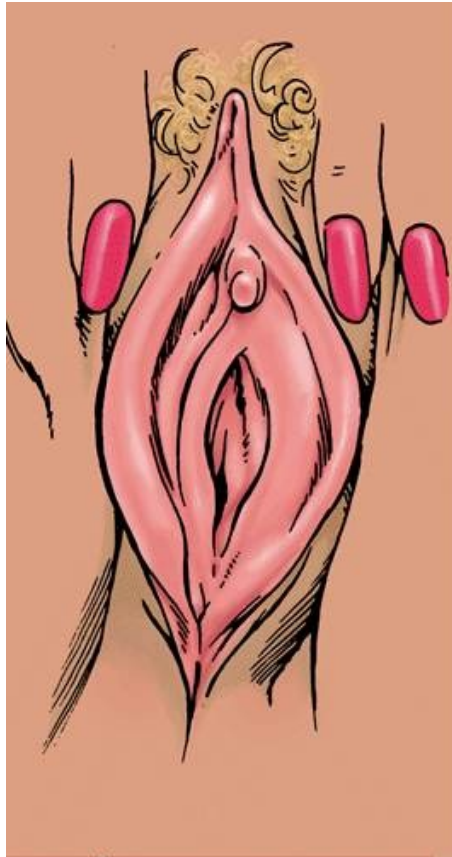
“Lesbians are at an advantage in the vaginal knowledge department because we see our lovers’ pussies all the time. We get up close and personal with real cunts in all of their real imperfection. But most straight women don’t have the kind of access to vaginas that you get from licking box all the time. Many of my straight female friends have told me that the majority of up-close-and-personal views they’ve had of various vulvas have come from porn. Worse than that, some women feel insecure about their own coochies when they don’t look like the ones in *Playboy*. Well, let me just set the record straight: Cunts don’t really look like that. Trust me. I’m a pornographer.” –From Diana Cage’s *Box Lunch: The Layperson’s Guide To Cunnilingus*

Perfection is no more common between a woman’s legs than it is between a man’s. A lack of symmetry is one of the wonderful things about being human.

Clitoris: Point Guard for Women's Genitals

Most people think a clitoris is the small tip you see at the top of a woman's labia when she spreads her legs. But there's much more to the clitoris than that.

The glans or tip is a small but potent part of the clitoris. The hood-like structure that drapes over the glans is just that—the hood. It's like the foreskin on a penis. When women masturbate, they often press a fingertip against the hood and rub it in a small circle or back and forth.



**Different
Women,
Different
Vulvas**

The hood of the clitoris can usually glide over the glans without it feeling abrasive. However, some hoods are bonded to the clitoris. This is perfectly okay and the sexual sensation usually feels fine. Surgery to separate the hood from the glans is seldom necessary or wise.

Some women find their clitoris changes sensitivity with the time of the month, in others it keeps an even keel.

As a woman approaches orgasm, it can seem like the tip of her clitoris disappears or retracts. This can be confusing for a partner who is trying to stimulate the clitoris by hand or mouth. Should he play Hercule Poirot and give chase, or wait until the clitoris returns? No one is sure why the clitoris seems to sometimes disappear at the height of sexual arousal. It could be due to pelvic muscle contractions that cause the shaft and glans to straighten out, or by a swelling of tissues around the glans of the clitoris, or by things we don't know about.

If you are stimulating the clitoris with your finger or tongue and it suddenly feels like it's starting to hide or retract, you are most likely doing something right. Don't change a thing unless the woman indicates otherwise. Let her clitoris play its game of cat and mouse.

Many women have a favorite side or place on their clitoris that they focus a finger or vibrator on. We used to believe that women who are right handed are more likely to focus on the right side of their clitoris, and women who are left handed go for the left side. Then we started asking women on our sex survey. As many right handed women said their favorite side of their clitoris is the left side as the right side. Oops!

The Size of the Clitoris

Guys aren't the only ones who worry about genital size. Some women worry that the tip or glans of their clitoris is too big, others wish theirs were bigger. The size of the tip or glans of the clitoris can vary greatly. In some women, it nearly pops out to shake your hand; in others it can hardly be seen. It is usually a little smaller than a pencil eraser, but can range from being barely noticeable to the size of a toe or a small penis. Clitorises also enlarge from 50% to 300% when a woman is sexually aroused. It's unfortunate anyone worries about the size of a clitoris, because there is no limit to the enjoyment a woman can have with her clitoris regardless of how big or small it is. The size of the clitoris is impacted by hormones which rev up during puberty. By the time a woman is in her early thirties, the tip of her clitoris will be up to four times larger than it was when she began puberty.

The Crura of the Clitoris

The clitoris has three different parts: the glans or tip, the shaft, and the crura or legs. The crura look like the legs of a wishbone. They extend beneath the labia. The shaft and crura contain erectile tissue like the cylinders that are in the penis.

The Bulbs of the Clitoris or “Vestibular Bulbs”—Clitoris Adjacent

Mother Nature planted a pair of bulbs inside her favorite garden. They are called the bulbs of the clitoris, and they swell and blossom each time a woman is sexually aroused.

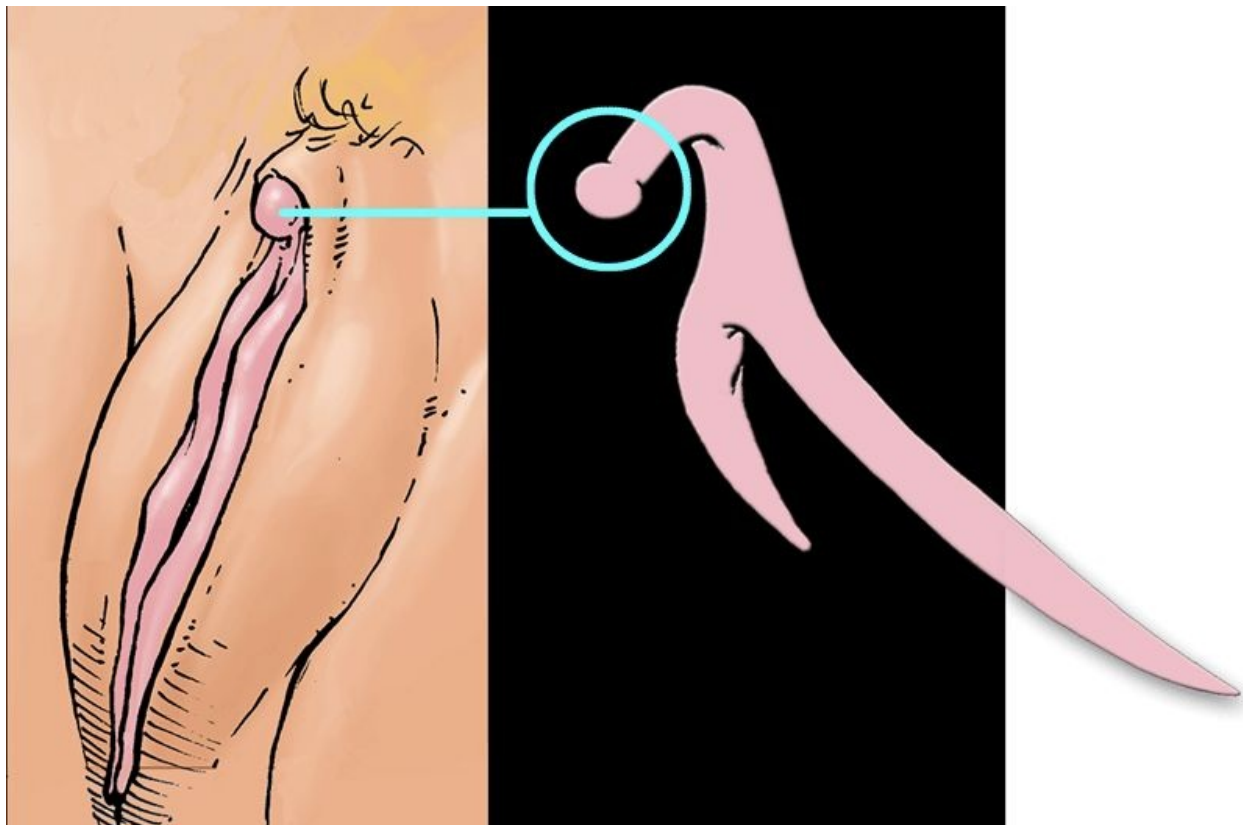
The bulbs are close to the clitoris and communicate with it through blood vessels, but they are made of slightly different tissue. They are more elastic than the clitoris. They expand proportionally more than a penis or clitoris when a woman is aroused because they have larger spaces that blood can rush into.

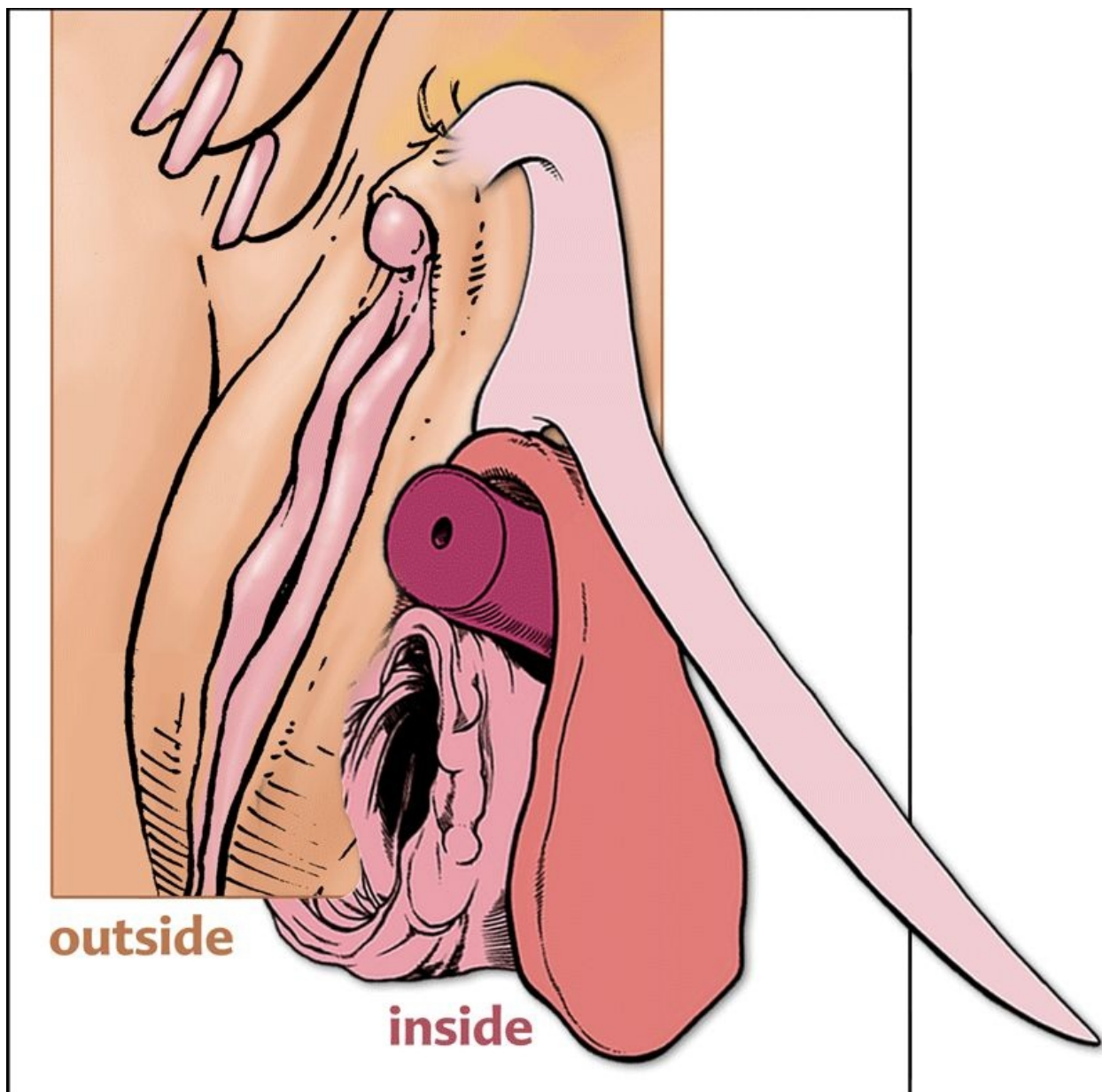
There is debate about whether the bulbs are actually part of the clitoris and if they should be called the bulbs of the clitoris or the vestibular bulbs. Either way, they appear to be sexually reactive.

The Axis of Arousal—Clitoris, Clitoral Bulbs & Labia Minora

When a woman becomes sexually aroused, her clitoris, clitoral bulbs and inner lips become engorged with blood. These structures seem to communicate with each other when a woman is becoming sexually excited. It's not like they text, but all three are highly involved when sexual excitement is in the air. Researcher Helen O'Connell might suggest including the urethral sponge, making the axis of arousal a quartet.

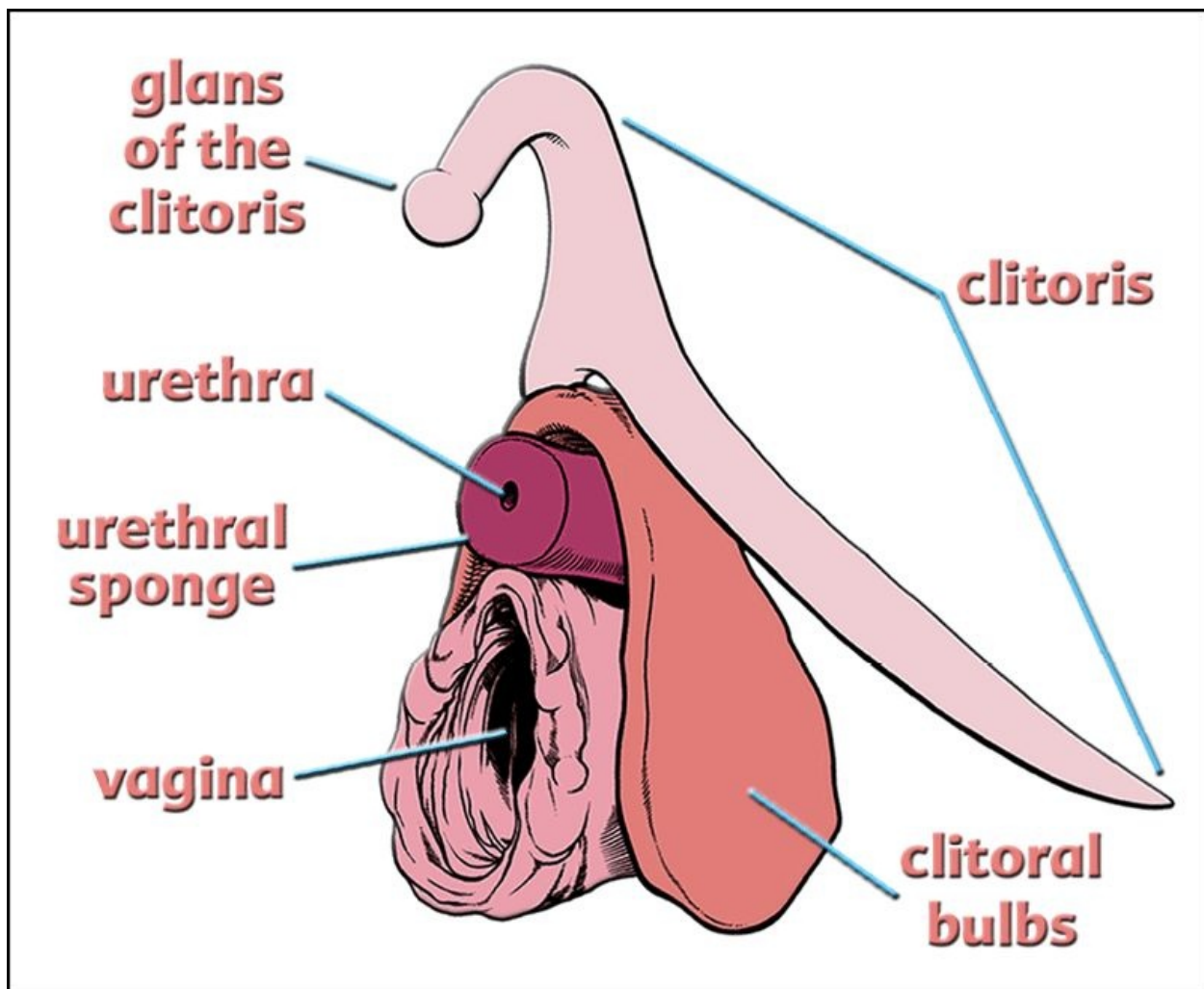
Some women enjoy it when a partner does a deep fingertip massage of the tissue that's beneath their labia. It might seem like it would be painful, but it may be stimulating rich vascular beds. With feedback and a willingness to explore, you'll learn what feels good and what doesn't. (For more, see [Chapter 19. Zen of Finger Fucking.](#))

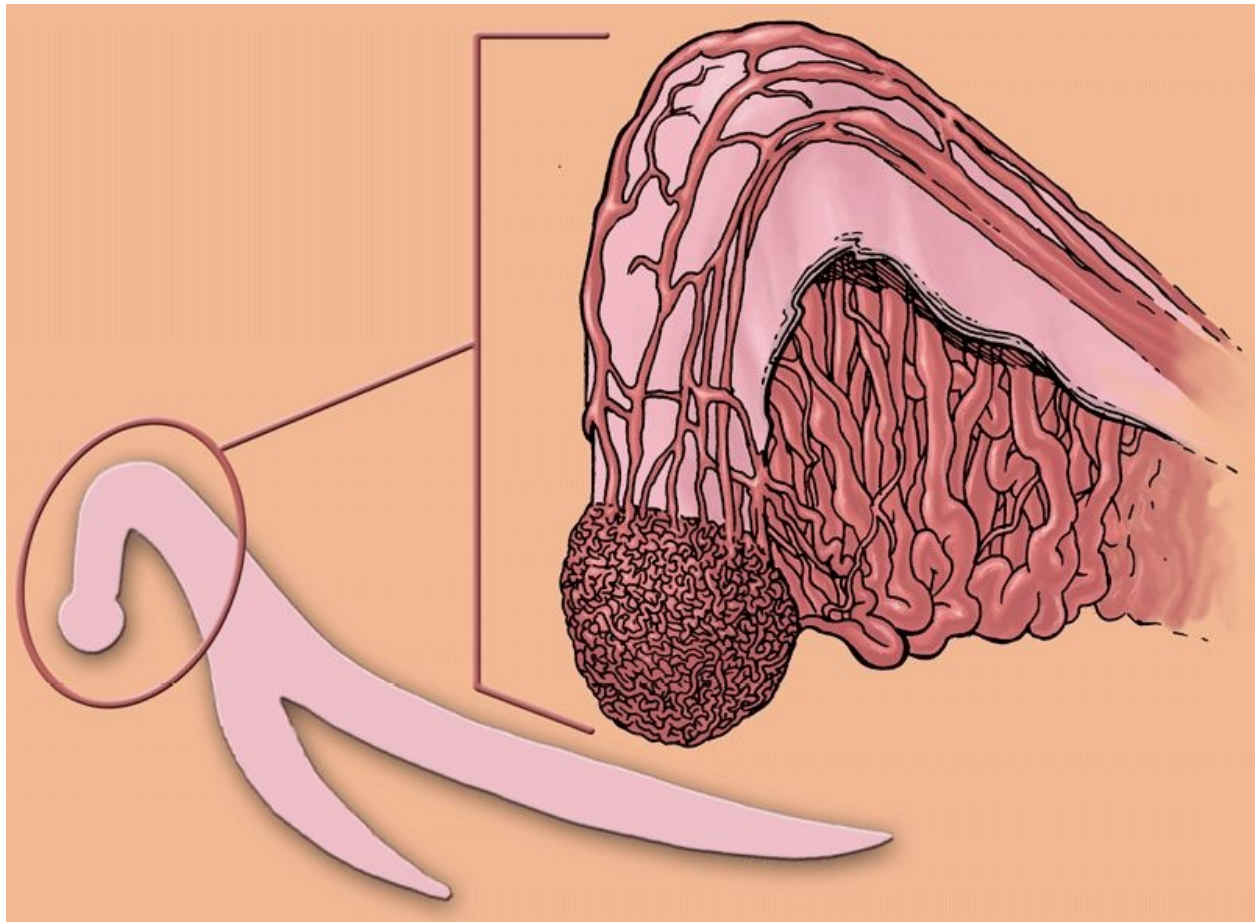




outside

inside





The Clitoris during Intercourse

“I rub the heck out of my clitoris during intercourse. I do it to reach an orgasm when my partner is almost there.” *female age 25*

“I almost always rub on my clit during intercourse. I usually make small circular motions, which is not how I move my finger when I masturbate. I love when he does it too, although sometimes I have to move his hand into the correct spot.” *female age 24*

“I have tried rubbing my clit once or twice, but prefer to focus my attention on his dick inside of me.” *female age 20*

The glans of the clitoris is seldom positioned to rub noses with an incoming penis. Many women enjoy the added stimulation of a finger or vibrator during intercourse, or they push the clitoris against the shaft of a lover's thrusting penis or grind it against his pubic bone.

More than 85% of the women who have taken our sex survey and who have orgasms during intercourse do not have orgasms from thrusting alone. Either they or their partner stimulate their clitoris with their fingers while the penis is thrusting, or they grind their clitoris into a partner's pubic bone. However, other women do just fine with thrusting alone. Research is beginning to suggest that a woman may be more likely to have orgasms from intercourse if the glans of her clitoris is located closer to the opening of her vagina, possibly allowing it to get more direct stimulation from the penis.

A Final Note on the Clitoris — How Do You Pronounce It?

If you are wondering how to pronounce the word *clitoris*, write *clitoris* on one piece of paper and *penis* on another. Ask friends of different sexes to say the words out loud. No one will hesitate in pronouncing *penis*, but good luck with *clitoris*. Both cli-TOR-is, and CLIT-or-is are correct, although many people punt and call the clitoris “it.”

Urinary Meatus — Might Be More Fun Than It Sounds

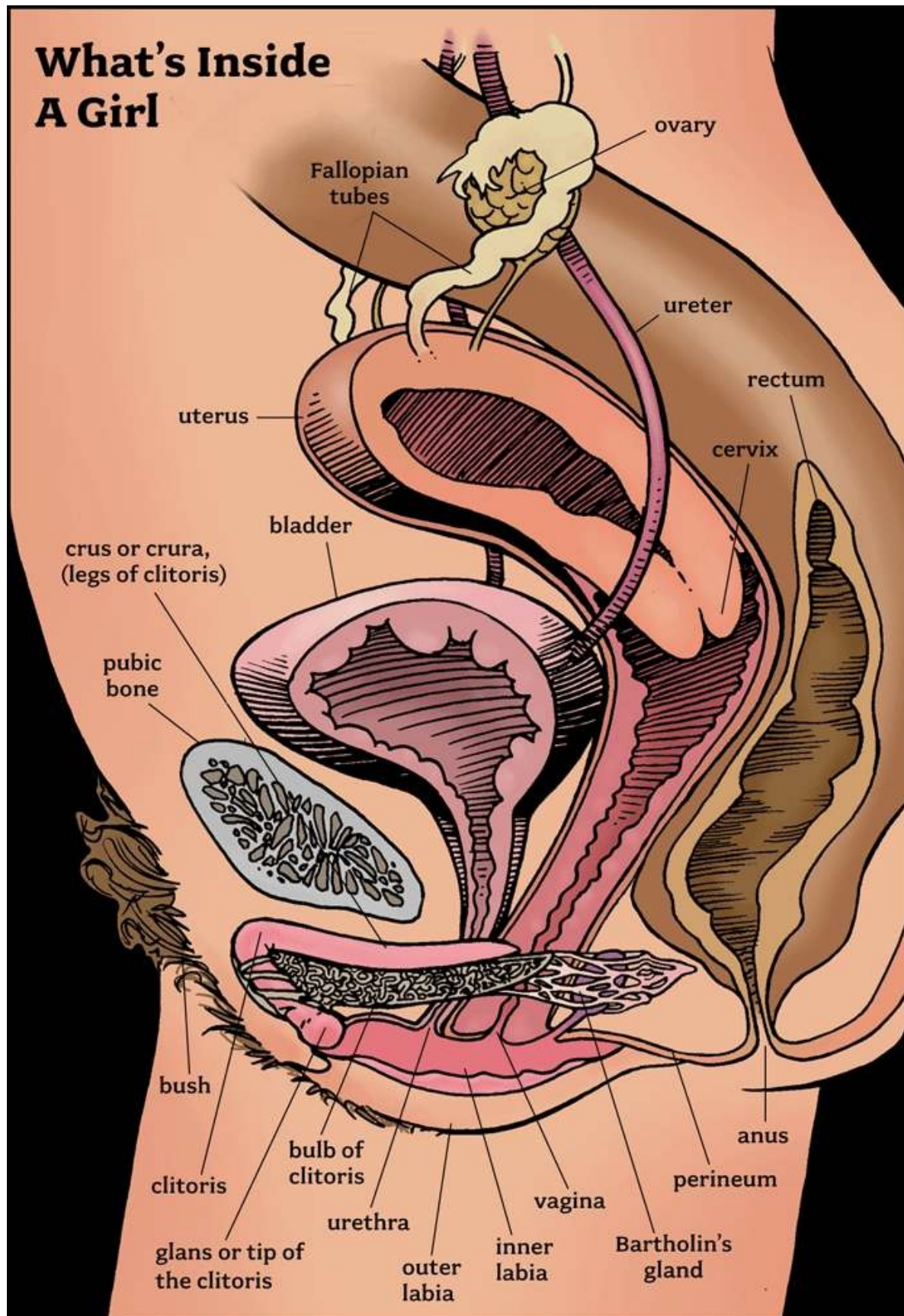
The urinary or urethral meatus is a small circle of firm tissue that wraps around the end of the urethra, which is the tube that pee flows through. It is located in an area of women's genitals called the 'vestibule' which is between the inner lips and the tip of the clitoris and the mouth of the vagina. The urinary meatus is sensitive enough that some women rub it when they masturbate, while others avoid it.

The Vagina

The human body is made up of many different tubes. The favorite tube of many men and women is the vagina, which is a hollow canal with walls that contain four layers of tissue. The size and shape of vaginas differ as much as the size and shape of penises. The average length of a vagina when it is not aroused is 2.4 inches, with a range from 1.6 inches to 3.7 inches. The narrowest part of the vagina is around the opening, where the average is around 1 inch in diameter. The widest part averages 1.6 inches, which is in the back around the cervix.

The relatively short length of many vaginas might indicate that not all women want or can handle porn-sized penises.

What's Inside A Girl



When the vagina is not aroused, its walls lie flat against each other like a fire hose without water. When a woman is aroused, her vagina straightens out. The first third of the vagina becomes narrower, while the back part may balloon a bit. Some women especially enjoy stimulation at the opening of their vagina. That's because the opening of the vagina has touch receptors.

“The main request I ask of my partner is to tease me with his cock.
That's because most of the sensitivity in my vagina is at the opening.”

female age 25

While the first third of the vagina is often sensitive to touch, the back two-thirds are more sensitive to pressure. This is why some women find that having a thicker object such as a penis or dildo in the back of the vagina can feel extra good during masturbation or when her clitoris is being stimulated.

Keep in mind that women don't necessarily use dildos to mimic intercourse. A woman might not want a lover's fingers or a dildo thrusting in and out of her vagina when he is stimulating her clitoris. It could be the fullness that feels good, while the thrusting is an unwelcome distraction. Each woman is different so be sure to ask.

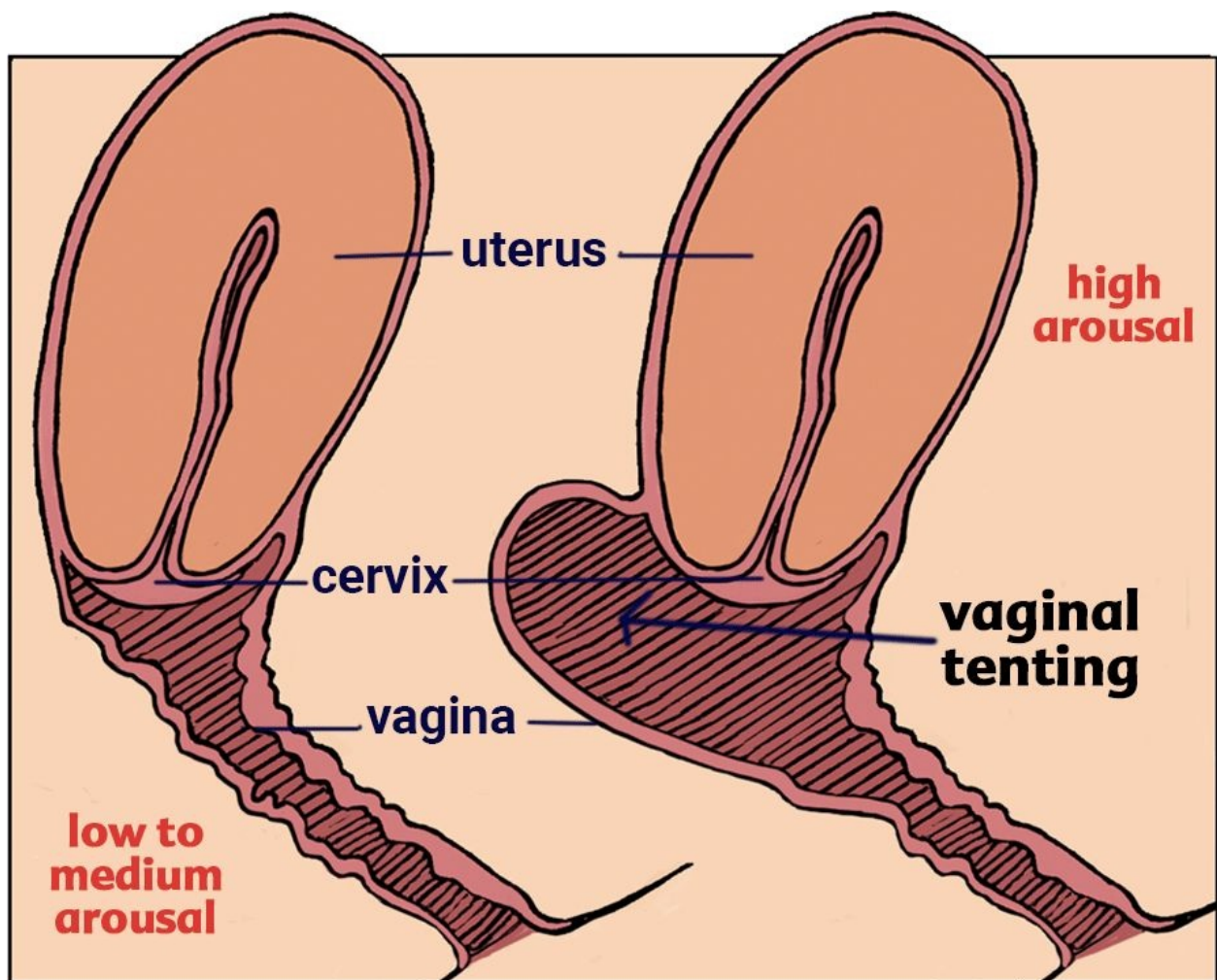


Vaginal Ruggae

During the years between puberty and menopause, the surface of the vagina has tiny folds or ridges that make it seem corrugated. These are called the vaginal ruggae. They help the vagina to expand during intercourse and childbirth. But before puberty and after menopause, the surface of the vagina is mostly smooth.

Vaginal Tenting

As a woman becomes more aroused, the back of her vagina will often expand or balloon open, and her cervix will raise up. This is called vaginal tenting. You can feel it with your fingers if you have them extended into the back part of a woman's vagina when she's highly aroused. Vaginal tenting might cause a woman to long for something inside her vagina which the rear walls can grasp.



pH and the Vaginal Microbiome

During the years between puberty and menopause, a woman's vagina becomes acidic. This is very important for vaginal health, and it happens as a result of microorganisms in the vagina that make up what's called a microbiome. This is so important to know about that a chapter on the vaginal biome follows this one. It is [Chapter 12. Population: In the Trillions](#).

Queefs aka Vaginal Farts

“My boyfriend was performing oral sex on me and fingering my vagina. When I sat up, all of the air in my vagina came rushing out and made a huge fartlike noise. I looked at my boyfriend with shock on my face. Then we both started laughing.” *female age 25*

Air that's trapped inside a vagina can make a fartlike noise when it comes out. It's just normal room air. Unlike real farts, it doesn't smell. It can happen when a woman is exercising or even when doing yoga.

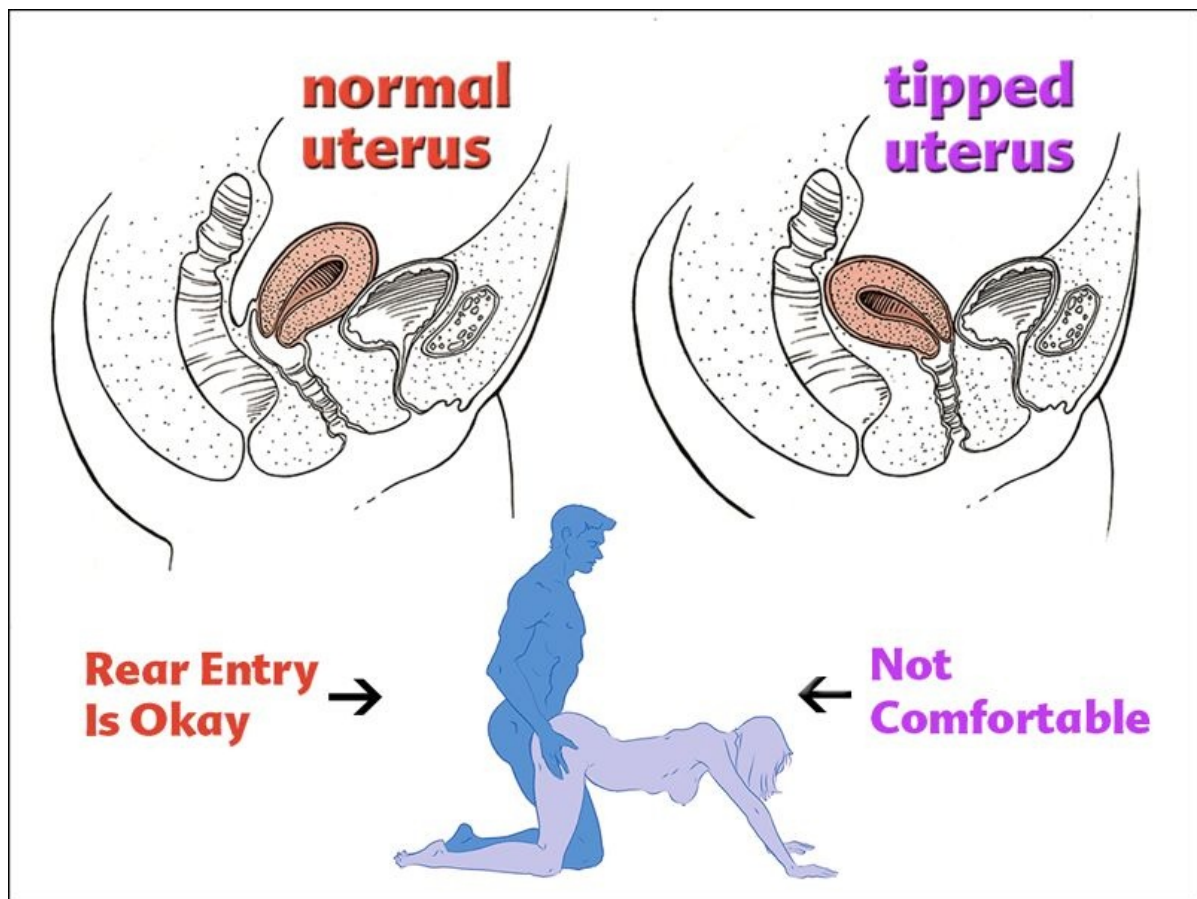
Vaginal farts are more likely to happen after a woman has had an orgasm and the back of her vagina has ballooned open. The farting noise occurs when the vagina is returning to its resting state and the collected air rushes out. The Scottish utilized this principle to create the bagpipe.

A Tipped Uterus

The uterus is an upside-down pear-shaped organ that is located between a woman's bladder and her rectum. It is where human infants spend their first 40 weeks. Many people consider it to be the strongest muscle in the body.

In most women, the uterus tips toward the front of the body. But up to 30% of women have a uterus that is tipped, retroverted or tilted, meaning the uterus points up or more toward the back. This might be why some women with a tipped uterus experience period pain more as a backache than a pain in their abdomen, and why they tend to have more back pain and diarrhea when they are menstruating. (This is because prostaglandins are released that cause the muscles around the uterus to contract. This helps push out period flow. Unfortunately, the prostaglandins also activate the muscles in the walls of the bowels. This might be worse for women whose uterus is closer to their rectum.)

It's not unusual for a woman with a tipped uterus to prefer intercourse positions where she is face to face with her partner. Rear entry or doggie style positions can feel painful. So the missionary position might be her favorite, or she might enjoy a woman-on-top position where she's facing forward as opposed to a reverse cowgirl.



A tipped or tilted uterus points toward the back instead of the front or it can be aligned at any point in between. Women who have a tipped uterus might prefer face-to-face intercourse positions as opposed to rear entry.

A tipped uterus can cause changes in how the cervix and deepest part of the vagina are angled, which could result in the head of the penis banging into one of the deep pelvic floor muscles during penetration from behind, or to hit the cervix or one of the ovaries. This can be very painful. The pain might also come from extra air that can accumulate during intercourse in the vagina. So the lover of a woman whose uterus is tipped needs to understand that while his former partner might have been the Reverse Cowgirl Queen, this position could cause a lot of pain for a woman with a tipped uterus. Here's what three women who took our sex survey say, but this isn't necessarily true for every woman who has a tipped uterus:

“My uterus is tilted. It makes doggy-style intercourse painful. I prefer to be on top of my boyfriend.”

“I have a very tipped uterus. Unless I’m pregnant they can’t pick it up on a regular ultrasound because it leans so far backward. Intercourse feels best with me on top or missionary. I’ve found that doggie style isn’t very comfortable, nor is me being on top while facing his feet. As long as we are close to each other, belly touching belly, deep thrusting is fine. If we are separate, like if I’m laying down and he is in an upright position, deep thrusting can be uncomfortable. Where I’m at in my cycle also plays a role in how comfortable or uncomfortable things are.”

“I have a tipped uterus, and this may be why it hurts when my partner thrusts too deep. It may also be why I don’t like to be penetrated from the rear. Being on top is the most comfortable position for me and the one that provides the highest likelihood of orgasm.”

Many women with a tipped uterus go their entire lives without knowing it’s tipped. Poorly fitted bras will cause more inconvenience for most women than a tipped uterus. Also, there is a myth that women with tipped uteruses can’t conceive easily. Don’t believe it.

Some women with a tipped or tilted uterus refer to it as an “inverted uterus.” However, an inverted uterus is a rare event that happens when a uterus turns inside out right after a woman has given birth. Also, the uterus can become tipped due to a problem such as endometriosis, so if you start having discomfort with intercourse, be sure to tell your doctor.

The Cervix and Fornix

The cervix is a small, fleshy dome in the rear of the vagina. It acts as a gatekeeper into and out of the uterus. The cervix can be as small as a cherry in a woman who has not delivered a baby through her vagina, or it can be much bigger. It has a dimple in the center called the os that menstrual fluids flow out of and male ejaculate flows into. Science doesn't yet understand the role of the cervix in sexual response.

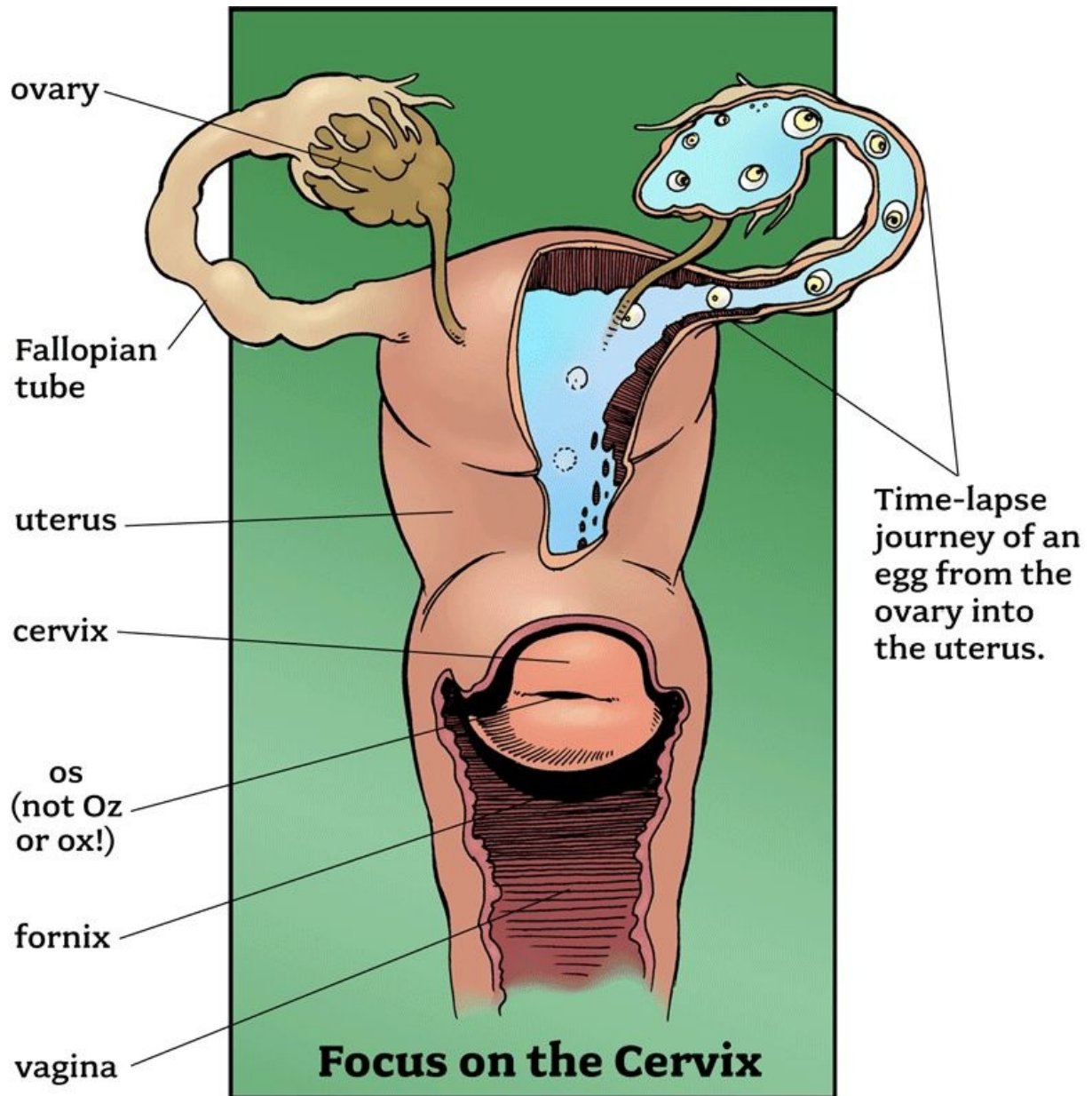
The cervix sometimes feels softer during ovulation, when mucus passes through it to help bathe the vagina. This keeps the environment clean and more acidic, which are conditions that encourage conception. At mid-cycle, when conception is most likely to occur, the mucus becomes clear and slippery, like raw egg-whites.

The cervix has a space around it called the fornix. This is a delightful area to explore with a finger. When women are approaching orgasm, this part of the vagina will often balloon open. (See “[Vaginal Tenting](#).”) Some women find stimulation of the space around the fornix to be pleasing. It is also a good space to know about when a vagina isn't particularly deep or her lover has a long penis. Couples can experiment with intercourse positions that encourage the penis to slide under the cervix and into the fornix.

From a sex therapist: Women often report feeling pain during sex that is deep in their vagina. What they may be feeling is the pain of their partner's penis hitting the cervix. Women are often surprised and don't realize what they are feeling is their cervix! In many cases it happens because they are not aroused so their vagina is not fully tilted. They should slow down and get more aroused or change position.

There are at least two ways to see a cervix. The first is by using a speculum. This is a metal or plastic device that physicians insert into a vagina to help push the walls apart. It allows the physician to see parts of a woman that few sexual partners ever do. If you have a healthy curiosity, get a speculum from your physician or medical-supply store. Put lube on it, gently insert it into the vagina and add the beam of your favorite flashlight or phone. For a woman to see her own cervix, she will need to incorporate a hand-held mirror or the camera from

her phone.



Ovaries

A man's testicles announce themselves whenever he gets naked. Not so with a woman's ovaries. It's possible to have a long-term relationship with a woman and not even know her ovaries are there, except indirectly through events like periods and pregnancy.

The best time to feel a woman's ovaries is when she is lying on her back and is in an "It's okay if you feel my ovaries" mood. Rest one hand on her lower abdomen below her belly button. Gently slide a lubricated finger or two from your other hand deep into her vagina. When you encounter the rear wall of her vagina, veer to the left or right and push up while pushing down with your other hand that's on her abdomen. You will need to rely on her instructions from there. If a woman doesn't know where her ovaries are, she might ask her gynecologist to show her.

Sponges Around the Urethra

There is a spongy area above the walls of the vagina called the urethral sponge. The urethral sponge is tissue that surrounds the entire length of the urethra, which is the tube that takes urine from the bladder to the toilet. It runs along the roof of the vagina. If a woman is sexually aroused and you put your finger in her vagina and make a “come here” motion, you are pushing into the urethral sponge. Some women find this feels good. Others find it to be annoying. Even if she enjoys it, you should not do this until she is already highly aroused.

The tissue of the urethral sponge contains tiny periurethral glands that have an embryological and histological similarity to the male prostate. However, there is no prostate gland in the female pelvis. People who refer to the urethral sponge as “the female prostate” don’t know what they are talking about. The prostate gland is an actual gland. It has specific functions and layers of organization. See this illustration.



It's easy to use a phone or a mirror to check out your genitals.

G-Spot Area

Over the past few decades, the G-spot has become its own industry, complete with G-spot books, G-spot vibrators, G-spot toys, and videos.

While researchers don't question the orgasms that some women have with G-spot stimulation, there isn't any special wiring or trigger-tissue in the G-spot area that would make its stimulation universally wonderful for all women.

Until recently, we've mainly been limited to doing research on cadavers. While some of these dead women might still be orgasming in the afterlife, researchers can't see how different parts of a person's sexual anatomy interact when they're dead. With newer technology, we'll find more answers regarding the G-spot area. However, the debate will continue for a while longer.

One explanation of the G-spot has been proposed by one of our gynecology consultants. She says, "I always felt that the G-spot was actually a stimulation of the area that corresponded to the trigone of the bladder and that was why many women felt even greater sensations when their bladders were slightly full during sex. I have some patients who intentionally drink fluids to fill their bladder prior to sexual play because it 'feels better.' I think this causes the trigone to press down more on the anterior vaginal wall and is more easily stimulated." This corresponds with the experience of many women who find that G-spot area stimulation causes a feeling of bladder fullness:

"When my partner is going down on me and inserts his finger, placing pressure upwards on the top wall of my vaginal canal, it feels really really good if I ignore that it also feels like I need to pee." *female age 24*

One of the world's top sex researchers was kind enough to weigh in the G-spot controversy for readers of *The Guide*. His take on the G-spot area is that when you are stimulating the anterior wall of the vagina you are stimulating parts of the urethra, the urethrovaginal 'space,' the clitoris via the ligaments connecting to it, the vaginal wall, and possibly Kobelt's plexus. He believes that all of these structures participate in arousing the brain. But he also says that where and how you fit the G-spot into an 'anterior vaginal wall complex' is a challenge.

The G-Spot Bottom Line

With all of the media hype and sex-store attention about G-spot stimulation, some readers might be thinking, “Why spend so much time with a woman’s clitoris when I could be stimulating her G-spot?” The answer should depend totally on what your partner wants rather than on what someone else tells you.

Mercifully, Claire Yang, M.D., a neurophysiologist and researcher in the Department of Urology at the University of Washington, has the following to say:

“I think that because the sexual response is so closely linked to emotions, the experience of pleasure, and in particular sexual pleasure, it is not going to be tied directly to anatomical structure, even during sexual arousal. For instance, why do women not feel sexual stimulation when those same areas that you describe are being examined during a gyn exam? The bottom line is: the entire genital area has nerves (as does the entire body), and in the context of sexual arousal, the processing of the messages is what makes the experience, not just the manual stimulation. I think the processing of sexual stimulation by the female brain is extremely variable, and to pin down a particular area (or situation) that is universally arousing is not possible at this time. That is why the concept of the G-spot has not gained universal acceptance. That is why the pursuit of a female sexual-arousal drug has been elusive. That is why the female sexual response will remain a mystery for a little while longer.”

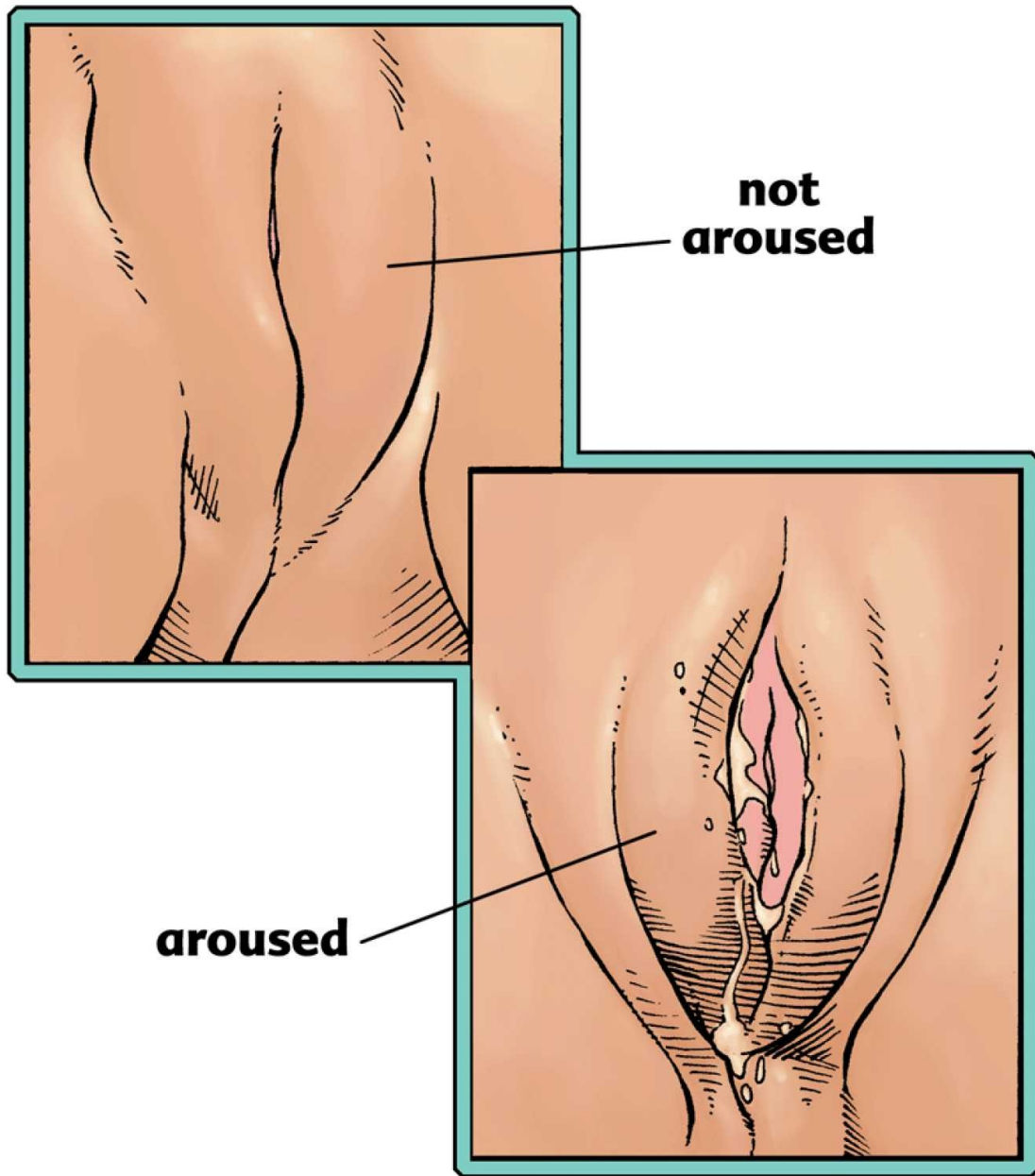
The writers at the major women’s magazines routinely call me to ask about this spot or that spot, and what do I think is the mother of all intercourse positions. It’s seldom enough if I say, “This might feel good for some women, but not for others. A woman should explore for herself and find what does and doesn’t work for her.”

Variations in Wetness

Some women's vaginas get so wet when they are sexually aroused that they need to wring out their underwear. Other women can be every bit as aroused but their vaginas remain dry. Wetness also varies during certain phases of a woman's menstrual cycle. And contrary to what you might think, some women need to add lube for period sex. That's because a woman's estrogen levels are at their lowest point during her period, and this can result in a decrease in natural lubrication.

Men shouldn't be so silly as to gauge a woman's level of sexual arousal on vaginal wetness alone. It's possible for a woman to be very aroused, but not be very wet. Also, thanks to porn, it is now popular to assume a woman's vagina is always ready for anything a guy wants to ram up it. Maybe this is one of the reasons why so many women in their teens and twenties are experiencing pain during intercourse.

Female Sexual Arousal



Not all vulvas show this degree of change with sexual arousal, but the changes inside a woman's pelvis during arousal can be extensive. While some women are quickly aroused and are ready for fingering, oral sex or intercourse as soon as the women in porn are, most women require actual effort on the part of a partner in the form of kissing, caressing, and fun before they are ready to have sex. This doesn't mean women like sex any less than men. It's probably because sexual arousal occurs differently in women's brains than in men's, but no one knows for sure.

Sex educators used to say that most women require at least twenty minutes of making out and fooling around before a partner should reach between her legs. We stopped saying this because some women are raring to go before a guy can pull his penis out. But when I speak at colleges, the males seem surprised when I suggest a woman might want more than five or ten minutes of fooling around before having intercourse. And more women than you might think respond with “You mean it’s not just me?” So I think we should go back to recommending the twenty-minute rule unless a woman indicates otherwise.

Female Ejaculation, Squirting or Gushing

Some women expel extra fluid at the time of orgasm. The biggest problem with this is that women who do it sometimes feel embarrassed and try to prevent it. As a result, they keep themselves from fully relaxing, and this can inhibit orgasms and pleasure.

The second problem is porn. A few years ago, a porn actress wrote a book on *female ejaculation*. She began giving workshops where she claimed that *female ejaculation* was nothing short of amazing, and that any woman could become a female ejaculator with the right training. Rather than just a few milliliters of “female ejaculate,” women were being encouraged to ejaculate a cup or more of fluid.

Now, more than a decade later, we know that a woman’s paraurethral glands can only produce 2 to 4 mls of fluid, or less than a teaspoon. Much more than that, and it’s urine from the bladder. And some experts in female sexual health are starting to be concerned that women who have been forcing themselves to squirt during sex might be causing their bladders to prolapse. However, this has not put a dent into the *gusher*, *squirting* and *female ejaculation* categories of porn.

As for what we currently do and don’t know about female ejaculation, some women release up to a teaspoon of fluid from their urethra at the time of orgasm. This is not urine. It is most likely produced by the paraurethral glands and it may often go into the bladder instead of squirting out of the body, so the woman is not aware of it. (More studies need to be done. For now, the best we can say is this is what seems to happen.)

We also know that when women release more than a teaspoon or two of fluid, it seems to be a dilute form of urine that comes from the woman’s bladder.

For women who don’t squirt or release fluid during orgasm, please do not attempt to train yourself or force yourself to do this. Forcing yourself to ejaculate might not be good for your bladder over time.

For women who do release fluid during orgasm, there is absolutely nothing wrong about it and hopefully you will not feel embarrassed by it. It could be a result of how your body is wired, combined with becoming extremely relaxed

during sex and the way your partner is stimulating you. What's not to like about that?

If you release fluid during orgasm, why not put towels on the bed before making love? Also, they now make waterproof mattress pads and covers that don't crinkle or feel weird, but the manufacturer doesn't mention anything about squirting on the package.

Female ejaculation summary: There is nothing wrong with squirting and nothing wrong with not squirting. Squirting is not a sign of better sex. Not squirting is not a sign of inferior sex.

Being Wet When You Are Not Aroused & Not Being Wet When You Are

Our gyno consultant says that too many women think there's something wrong with their vaginas because they are moist during the day when they are not thinking about sex. She says this is perfectly normal, assuming a woman is in good gynecological health.

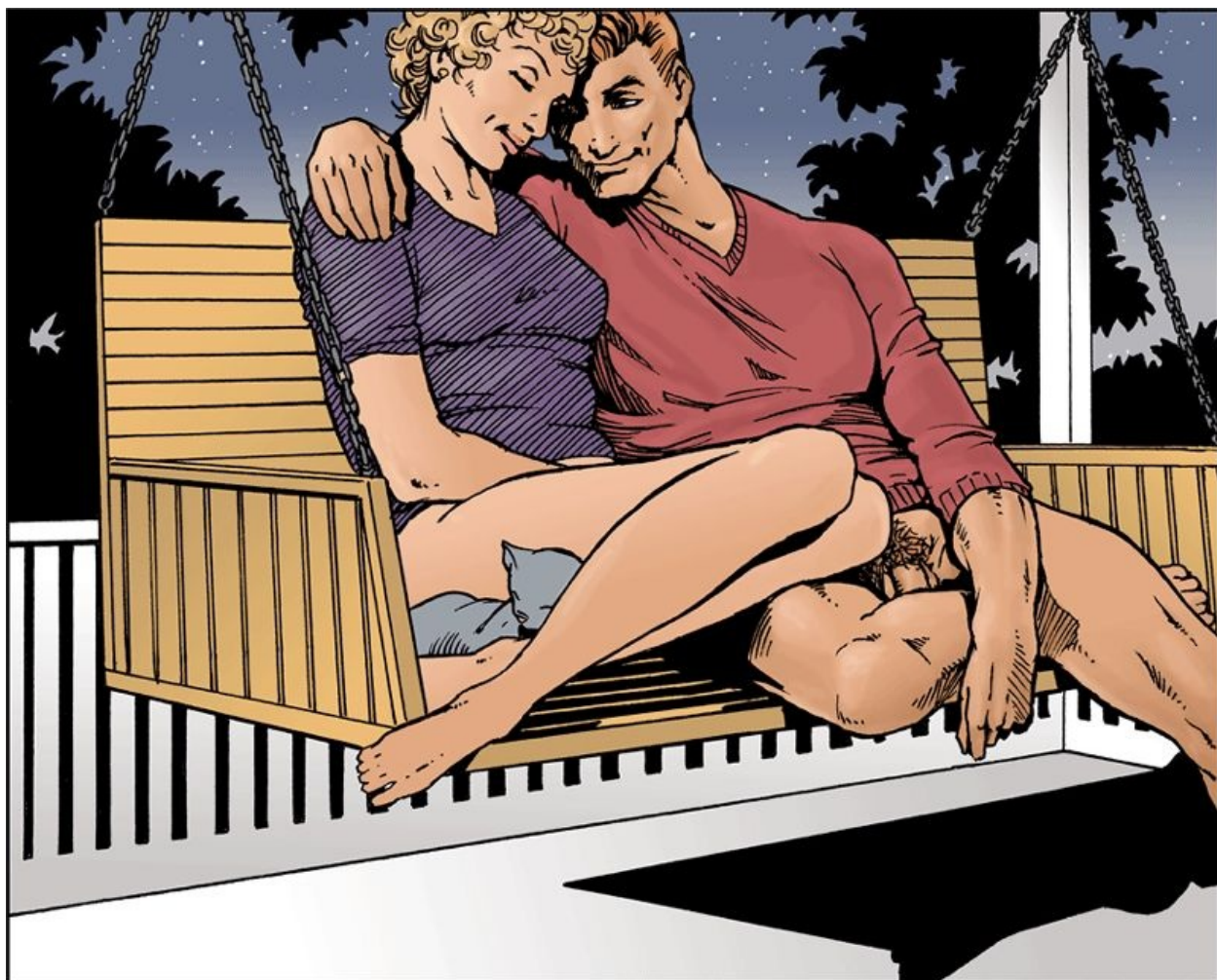
Also, a woman shouldn't feel there's something wrong with her if she gets really wet from thinking about sex when she's alone, but needs to add lube when she's with a partner or before intercourse—assuming she and her partner have spent enough time on the arousal part of sex before trying to have intercourse. Extra lube can especially help when a partner is wearing a condom, or if he is circumcised and the glans of his penis is pulling a woman's natural lubrication out of her vagina with each outbound thrust during intercourse.

Menopause

Menopause is what naturally happens to a woman's body when she is over 40 and stops having her monthly periods and no longer has to worry about getting pregnant. People have always believed that a woman's sex drive goes down as she enters menopause. Yet researchers have discovered that when a menopausal woman gets into a new relationship, she can be as horny as many 20-somethings. It could be the excitement she is feeling toward her partner that determines how much she wants sex, rather than the level of her hormones. Then again, it can be difficult for any person, male or female, to feel sexual excitement if their hormones are below a certain threshold.

Some menopausal women become less wet when they are sexually aroused. The skin in their vagina may begin to feel less elastic or more sensitive during menopause. While there are hormonal creams that can help, the women from *Touch of a Woman* strongly recommend that a woman or her partner massage her vulva and the opening of her vagina every day with a moisturizer to help keep it more elastic. If you are approaching menopause, please give this totally free, drug free program a look. And keep in mind that the woman who has written this protocol is an MD and is extremely knowledgeable about women's sexual health. The title is *Still Juicy: Maintaining Sexual Health Through and Beyond Menopause*. Go to www.sexualityresources.com and enter "still juicy" in the search box.

There are also life stressors that a menopausal woman will commonly face, such as if her own mom and dad or her partner's parents are in declining health and she is dealing with their situation. On the plus side, her children might be starting to live on their own, which can be good for a relationship, or not so good if her children are high maintenance.



Reader Comments

What does it feel like in your genitals when you are sexually aroused?

“Tingling starts in my clitoris and spreads to my labia. My whole vulva starts to throb, literally. The throbbing is extremely pleasurable. Then my vulva gets swollen and almost hot. Once it is swollen, every slight touch sends lightning bolts of pleasure all around my whole body.” *female age 23*

“Sometimes it’s an ache not unlike having a full bladder. Other times, a sensation of heat and congestion in my labia, clitoris and vagina. If I’m highly aroused, or if my clothing is tight, I’ll be able to feel my pulse between my legs. Sometimes I’ll feel my tendons and muscles twitching as well.” *female age 36*

“My labia feel swollen and tight; my clitoris becomes hard. Sometimes my clitoris feels like it’s huge, and it sort of throbs. If I am extremely aroused, my whole vulva feels as though it’s pounding, with my clitoris as the center.” *female age 26*

“You know the feeling you get right before your leg or arm falls asleep? I mean, before it’s annoying or hurts. It’s a really intense tingling feeling. It makes my whole body feel warm and excited. There are moments, however, right before my partner enters me, when my vagina actually aches.” *female age 27*

When did you first make the connection between being sexually aroused and being wet?

“When I was around 10 or 11, while watching a sex scene in a film. My panties got wet, and I realized that was why. If I’m really turned on, I’ll drip down to my ankles.” *female age 25*

“I first connected being wet with sexual arousal when I was 13. I was watching a silent, vintage erotic film with a friend. When I went to the bathroom, I was soaked!” *female age 26*

“The first time I connected wetness with sex was when I was 9 or so and got all wet and throbby when I was watching a couple kissing at the beach. But I don’t always get wet when I feel aroused; it isn’t an indicator for me.” *female age 38*

“When I first masturbated, I only touched myself on my clitoris, so I was very surprised when I eventually felt my vagina and it was dripping fluid.” *female age 23*

About being wet...

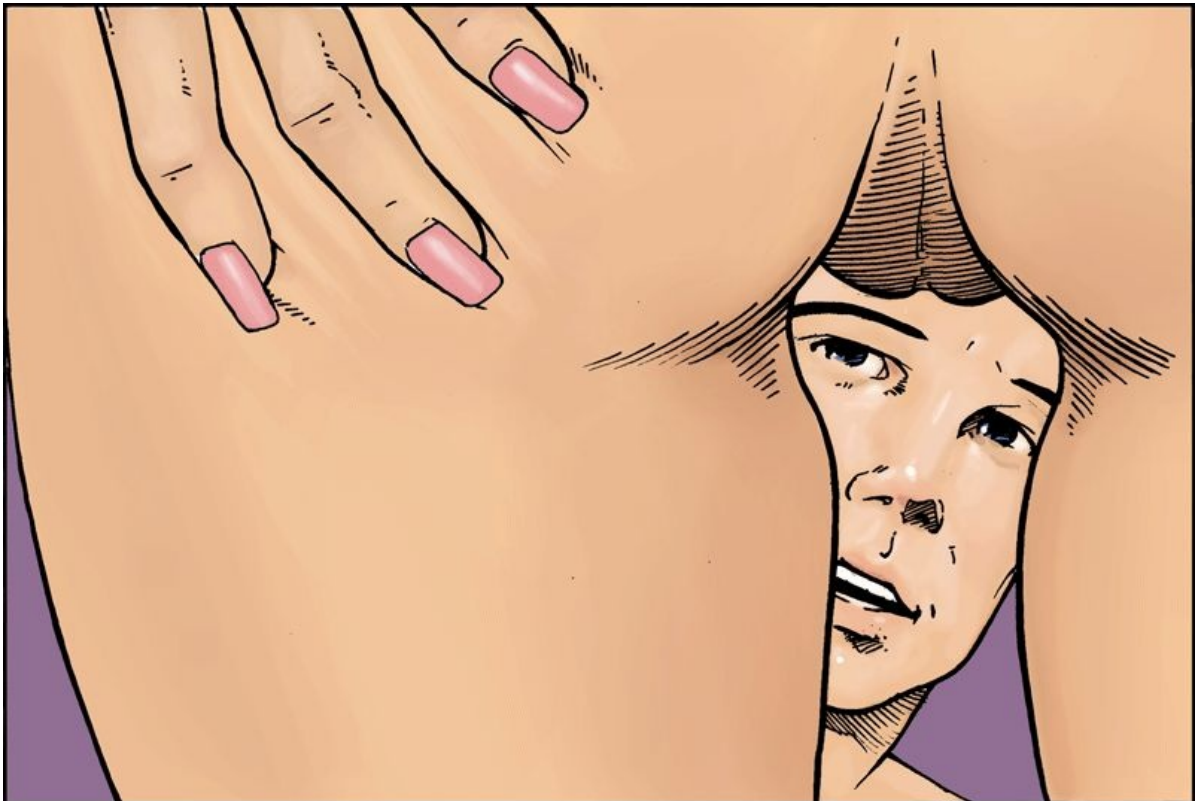
“Being wet is hard to explain. I don’t know if I can offer insight because it just happens. The most annoying thing is that if you don’t wear panties and get wet, it tends to be very messy, but arousing!” *female age 36*

“For me, the degree of my wetness varies greatly from time to time and seems to be largely affected by how mentally ‘into’ having sex I am at that given time.” *female age 34*

“If my boyfriend just starts kissing me and wants to have sex, I am not automatically wet. I need to be turned on. This could be my way of slowing down and paying attention to my body, or it could be by talking sexy, reading, looking at, or listening to erotica.” *female age 26*

“It does not work when my partner concentrates solely on doing mechanical things to get me wet. Yet a simple, very tender kiss can do it.” *female age 48*

“I enjoy sex a great deal, but seldom get wet.” *female age 32*



Dear Paul,

My girlfriend thinks her genitals are ugly. Is there anything I can do to help her change her mind?

Bobby in Beaver Falls

Dear Bobby,

This is part of a cultural disease. Some of the findings from this past year about the negative feelings that many young women have about their genitals has shocked me. The best I can tell you is with patient and creative encouragement on your part, perhaps her eyes will start to reflect the delight that's in yours when you look between her legs.

A Very Special Thanks to these amazing people for their help & advice:

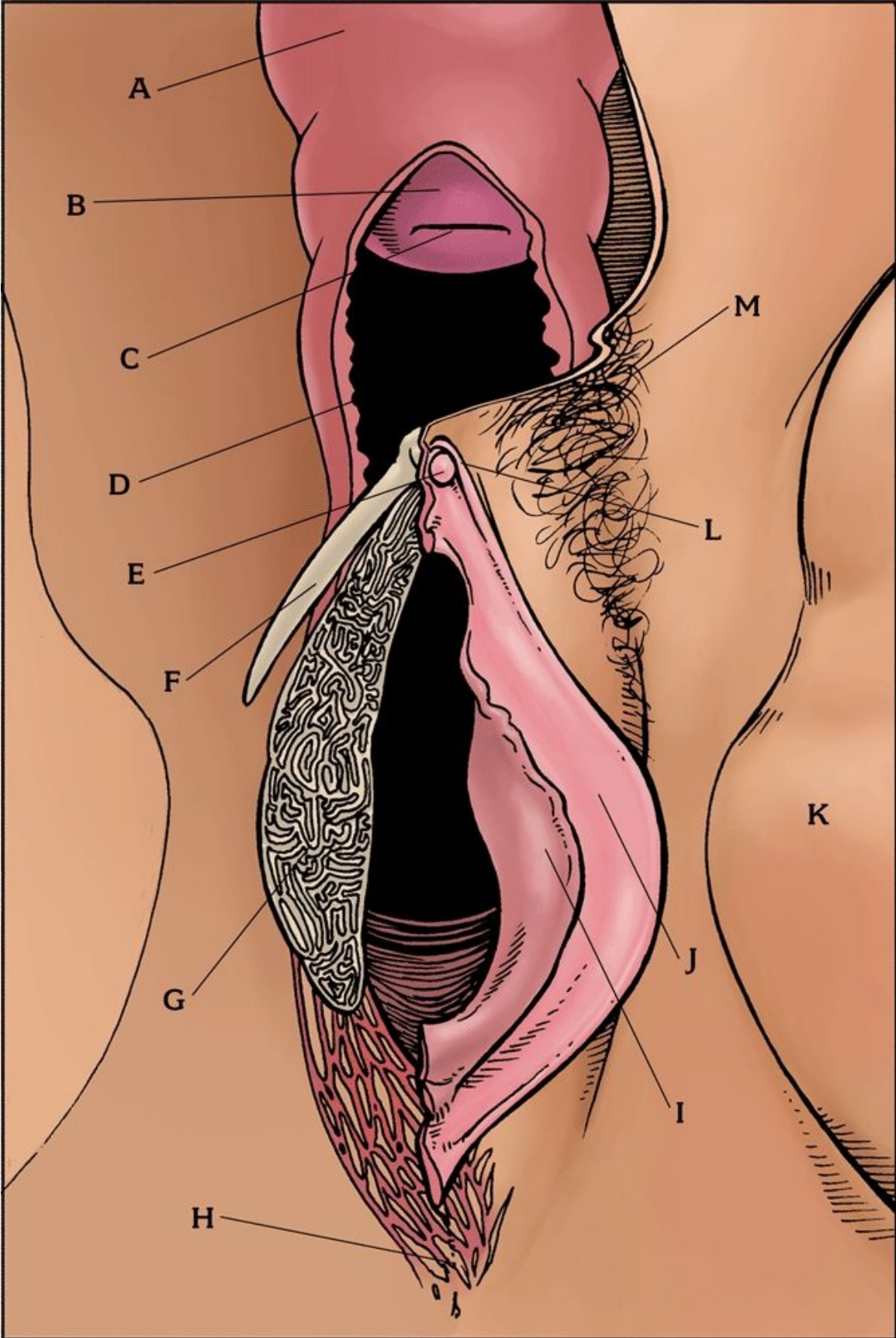
- Claire Yang, MD, Department of Urology, University of Washington
- Christine Vacarro, DO, Madigan Army Medical Center, Tacoma, WA
- Alessandra Rellini, Ph.D., University of Vermont
- Marca Sipski, MD, Psychiatry and SCI Rehabilitation
- William W. Young, MD, Department of Obstetrics and Gynecology, Dartmouth Medical School
- Maureen Whelihan, MD, Gynecology
- Carol Tavris, Ph.D., Social Psychologist
- Ellen Barnard, MSSW, A Woman's Touch, Madison, Wisconsin
- Myrtle Wilhite, MD, A Woman's Touch, Madison Wisconsin
- Roy Levin, University of Sheffield, Sheffield England

Some of the illustrations in this chapter were strongly influenced by:

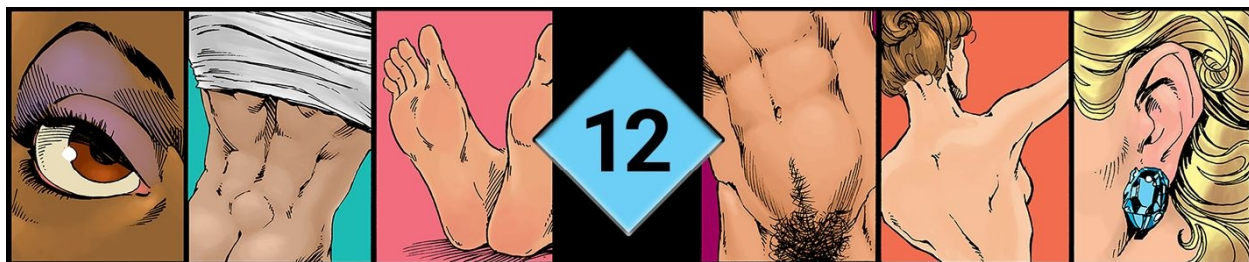
Atlas of Human Sex Anatomy, 2nd Edition, Robert Latou Dickinson 1949

A New View of a Woman's Body by the Federation of Feminist Women's Health Centers, Illustrations by Suzann Gage.

Female-Anatomy-as-Modern-Art Quiz



A-uterus; B-cervix; C-os; D-vagina; E-glans or tip of clitoris; F. crus or leg of clitoris; G-bulb of clitoris; H-perineum; I-inner lip or labia minora; J-outer lip or labia majora; K-inner thigh; L-hood of clitoris ; M-pubic hair



Population: In the Trillions

This book began as a series on science for surfers. But guys kept saying, “Science is fine, but how do I help my girlfriend have an orgasm?” and women would want to know about “The science of giving my BF a blowjob without having to swallow.” So I’ve been subtle about science, until now.

The health of every woman’s vagina depends on a complex world of bacteria and other organisms that’s called a microbiome. But few women or men have ever heard of this. Before you say “Ewww, bacteria in vaginas,” a male who weighs 155 lbs. has almost 40 trillion bacteria in his body. And it’s not because he smells gross and doesn’t bathe. The idea that we should be germ-free has been promoted by companies that sell antibacterial soaps and women’s douche products that feature talking vaginas.

Without the bacteria and microorganisms that are so important for vaginal health, a guy would never be allowed near a woman’s vagina. And if women understood how important the microorganisms in their vaginas are, they might be more cautious before buying sex lubes and “feminine hygiene” products that could be acting like Agent Orange.

Acidity

Except for humans, the vaginas of almost all mammals have a pH that's close to 7. This means the pH is neither acidic nor alkaline. But with humans, it's different. The pH is neutral until a girl reaches puberty. Then the pH of her vagina becomes acidic and stays that way until she reaches menopause, when it becomes almost neutral again.

The acidity in a woman's vagina is maintained by an ecosystem of microorganisms called a microbiome. Microbiomes are communities of bacteria and other tiny organisms that live inside of our bodies. They are as important as our chromosomes and blood cells. They produce substances that prevent infections and reduce inflammation. They help digest complex carbohydrates, and when the cells in our bodies are injured, they signal nearby cells to begin reproducing so we can heal more quickly. Our immune systems would be crippled without them.

Changes in Thinking

Not long ago, physicians believed that the microbiomes in all healthy vaginas were alike—as if there was one universal way every woman’s vagina should be. We now know that there are five distinct communities of microorganisms that can live in a woman’s vagina. While these communities are fairly stable in some women, they can transition frequently in the vaginas of other women. This means that different communities can become more prevalent at different times.

It might seem like there would be more infections in women whose vaginal communities transition frequently, but that does not appear to be the case. Researchers are just beginning to find out about the different ecosystems that are inside of women’s vaginas.

Lactobacilli

One of the most important residents in the human vagina is a group of bacteria called lactobacilli. Humans are the only animals (including the great apes) who have lactobacilli as the dominant organism in their vaginas. We don't yet know the answer why.

There are many different species of lactobacilli in the world, such as those that are used to make yogurt, beer and sourdough bread. But the families of lactobacilli that live in the human vagina are unique. The only place they exist on the entire planet is between a woman's legs.

Lactobacilli in the vagina produce lactic acid and an antimicrobial compound called bacteriocin. These help kill or control undesirable bacteria, and the lactic acid helps to maintain an acidic environment that's essential for healthy functioning. The lactobacilli have tiny projections that stick out from their cell bodies. These projections clasp onto the cell walls of the vagina and prevent germs from attaching at these points.

Women who are low in vaginal lactobacillus are more likely to get sexually transmitted infections if they are exposed to them, including HIV. They are at greater risk for having miscarriages, premature babies, and suffer from pelvic inflammatory disease. This is one of the reasons why an important area of research is in how to supplement vaginal lactobacillus when it is low. The solution has proven to be nowhere near as simple as it might seem.

When There are Too Few Lactobacilli

Lactobacilli keeps the pH in the vagina low, which helps keep out unfriendly bacteria that can cause infections. When the population of lactobacilli is disturbed, the stage is set for infections and conditions that can cause itching, burning, odor and discharge.

Let's say a woman starts taking antibiotics for a lung infection. This kills off the unfriendly bacteria in her chest, but it also begins to kill the Lactobacilli in her vagina. As a result, the lactic acid in her vagina will decrease and the alkalinity will increase. The population of the friendly bacteria will begin to collapse.

As the population of the lactobacilli decreases, another of its by-products (hydrogen peroxide) will be in short supply. With less hydrogen peroxide, unfriendly bacteria will have an easier time taking up residence. Also, the Lactobacilli that was protecting the walls of the vagina will weaken. Anaerobic bacteria can more easily invade the cell walls and a woman may get a condition called bacterial vaginosis or BV.

Why Yogurt Usually Won't Help

Lactobacilli is found in yogurt, so you would think that eating a lot of yogurt or plastering it between a woman's legs would help her infection go away. But the kind of yogurt that's made from milk is specific to cow intestines. While yogurt might be good for a woman's calcium intake and maybe for her digestion, the yogurt we eat is unlikely to help with problems in the vagina.

Researchers are hoping to find specific microorganisms called probiotics to treat conditions like bacterial vaginosis. This would provide a much more elegant solution than we currently have. But it is possible that each woman will need a unique combination of probiotics to compliment the mix of bacteria in her vagina.

Too Many Lactobacilli

Another problem can occur when the population of lactobacilli begins to explode and produces too much lactic acid. Natural sugars start being fermented into carbon dioxide, alcohol, formic acid and acetic acid. This fermentation process is not dissimilar to how beer is made. But it causes itching and irritation when it happens inside the vagina.

This can cause the same symptoms as a yeast infection, including itching, burning, painful intercourse and a slight discharge. As a result, it is often misdiagnosed as a yeast infection. This is why a woman who is having problems needs both a sharp gynecologist and a good knowledge of how her vagina works. Over-the-counter drugs for yeast infections won't touch these kinds of situations.

When a woman really does have a yeast infection, it is commonly referred to as Candida. Another type of infection is caused by a protozoa known as Trich or *Trichomonas vaginalis*. There's also Noninfectious Vaginitis. Instead of being caused by organisms, the source of irritation for Noninfectious Vaginitis can be anything from feminine hygiene spray and body soap to premium toilet paper, laundry detergent, bike-seat irritation, and period gear.

Why a Vagina with an Infection Will Sometimes Smell Fishy

When the levels of lactic acid go down, anerobic bacteria can start to flourish. This kind of bacteria is responsible for the smell of bad breath, smelly feet, and Limburger cheese. A fishy smell is also caused by the cellular death and destruction that's going on in the vagina as part of the body's efforts to make things right again.

Fluctuations in pH

There are times when the pH in a woman's vagina will briefly rise. This can happen when she's having her period, with the pH rising to around 6 which is close to neutral. It will also go up for a few hours after a woman has had intercourse. That's because semen is alkaline and contains buffers that help keep it alkaline, which will cause the pH of the vagina to climb. A woman's own sexual lubrication can make the pH climb.

On the Distant Horizon

Researchers are looking at how a mother passes her vaginal microbiome to her infant daughter during the birth process, and the lifetime significance of this.

Some women have vaginal microbiomes that predispose them to infections, which could also predispose their daughters to vaginal infections. So there might someday be supplemental microbiomes that physicians can give to moms or to baby girls that could result in fewer vaginal infections throughout the girl's entire lifetime.

Products will also be created based on a woman's own unique microbiome that will help prevent her from getting infections and possibly even cancer.

Beware the Health Food and Vitamin Industry Probiotic Hype

The top researchers in the world are just beginning to create probiotics that will be helpful for human vaginas. The going has been slow and success has been illusive. But you wouldn't know that from the health food and vitamin industry hype on their latest and greatest probiotic pills and crotch goop. It sounds pretty good when they say one dose delivers several billion lactobacilli—never mind that these are the wrong lactobacilli.

The health food and vitamin industries can claim anything they want as long as they include a tiny asterisk with the words “This product has not been evaluated by the Food and Drug Administration. It is not intended to diagnose, treat, cure or prevent disease.” Nuff said?

Are Sex Lubes 'Biome Busters?

The billion dollar sex lube industry wants women to put products inside of their vaginas that have never been tested for their impact on the vaginal microbiome or for their longterm safety. Research on this is in its infancy. For more on this, see [Chapter 25. Concerns about Sex Lube](#).

Low pH Soap for Women's Genitals?

Most soaps and body washes have a high pH. Some women swear by a low-pH wash that's made for women's genitals that could be more microbiome friendly than high pH soaps. A version that is available in North America is called Sebamed Feminine Intimate Wash pH 3.8, and Sebamed Feminine Intimate Wash Menopause, pH 6.8 for women who are past menopause. Do check with your gynecologist first.



Dear Paul,

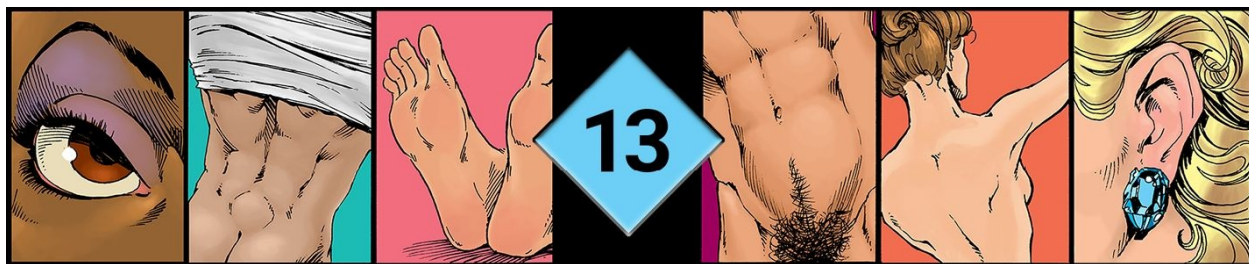
My partner loves me to finger her vagina. But after a few minutes, my fingers start to sting. Do you know what's up with that?

Bernie from Vermont

Dear Bernie,

This is because your partner's vagina is acidic, which is perfectly normal and healthy for a woman who hasn't reached menopause. You might try wearing a latex or nitrile glove. Some women prefer being fingered this way because a gloved finger feels smoother than one without a glove.

A Very Special Thanks To Jacques Revel, University of Maryland School of Medicine for help that's been above and beyond the call of duty.



The Hymen

The hymen is source of myth and legend, and it remains a mystery to much of modern medicine. Not many primary care physicians can accurately locate the hymen. Few gynecologists can say what happens to the hymen of a sexually-active woman over time. And most of the research on hymens concerns sexual abuse, with some of the studies contradicting each other. So there's little credible information that's helpful regarding hymens and sexual pleasure.

This chapter presents what is currently known about sexually-happy hymens. If there are holes in our knowledge, it goes with the territory.

How The Hymen Came to Be

The hymen is a collar of tissue that's located just inside a woman's vagina. To understand how the hymen came to be, you need to know the difference between a woman's vulva and her vagina. That's because each had a hand in the development of the hymen.

VULVA: This is the part of a woman's genitals that you can see from the outside. It includes the mons pubis, the tip of the clitoris, and the lips or labia. You would need to separate the lips or labia before you can see the opening of the vagina. And you would need insert a medical device called a speculum before you could see inside the vagina.

VAGINA: The vagina is a tube-like structure that goes from the outside of a woman's body to her cervix. The average vagina is about 2.4 inches long. It becomes longer when a woman is sexually aroused.

The vulva and vagina are made from different types of embryonic tissue. The hymen is a ridge that is formed at the point where the tissue from the vulva meets the tissue from the vagina. Think of when two different land masses collide and a mountain range is created at that spot. That would be a metaphor for how the hymen was created. It's a ridge of tissue that marks the point where the vulva stops and the vagina starts.

The tissue on the outer side of the hymen (the vulva side) is sensitive to testosterone, as is the rest of the vulva. The tissue on the inner side of the hymen is sensitive to estrogen. That's because it's tissue that comes from the vagina, which is estrogen-sensitive.

It's Puberty and Not the Penis That Causes the Hymen to Change

Before puberty, a girl's hymen is often crescent-shaped, although there can be significant variations. The pre-pubescent hymen stretches across the opening of the vagina and covers much of it. It is almost translucent.

The estrogen that comes with the start of puberty causes the hymen to become shorter and thicker, more like an O-ring or collar than the former drape or wall that it was during childhood. It also becomes more elastic. This is because hymen tissue has estrogen receptors in it just like the walls of the vagina.

Since estrogen makes the hymen more elastic, our modern notion that the hymen "pops" during the first intercourse is silly. It is usually puberty that changes the hymen, not the first intercourse. It's as if nature is changing the girl's hymen to make it ready for intercourse.

From Saran Wrap into Spandex

Researchers often have trouble distinguishing between the hymens of teenage girls who are sexually active and the hymens of teenage girls who are still virgins. That wouldn't be the case if hymens were like "Cherries that pop." Still, it's hard to dispel the myth that the hymen is a seal of virginity. People continue to think of it as being like a plastic sheet that's fused onto the top of a frozen dinner.

Your First Intercourse

Most people assume there will be blood after the first intercourse. Yet far more than half of the women who take our sex survey say there wasn't any blood during their first intercourse.

Unfortunately, a number of the women who answered our survey believe the reason they didn't bleed during their first intercourse was because they had already torn their hymen while riding a horse or by doing the splits, or while their boyfriend was feeling them up. So the myth that hymens pop is alive and well.

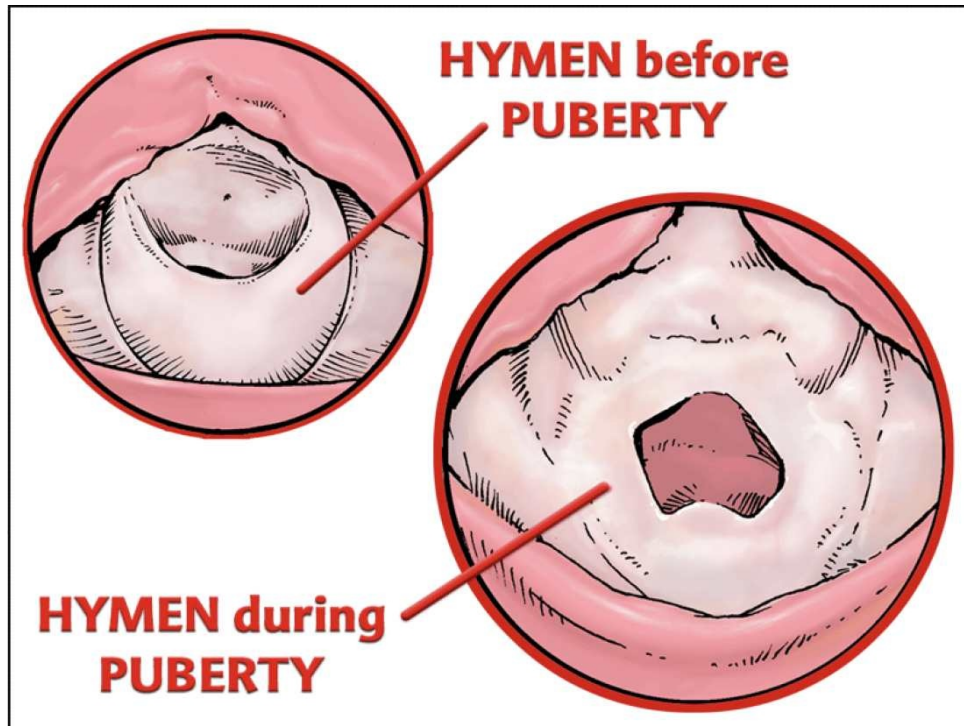
Researchers have investigated athletic injuries in girls' crotches where bleeding occurred, including splits-gone-wrong and inline-skating related trauma. They found it wasn't the hymen that bled. In cases where the hymen most certainly should have torn if it were going to tear, it was the vagina that split and bled rather than the hymen. And why horseback riding would wear away a hymen makes no sense unless a woman was sitting on the horn of the saddle.

While a hymen will most likely be stretched during a first intercourse, it shouldn't ordinarily tear. If it does, or if there is pain, there are at least two possible causes:

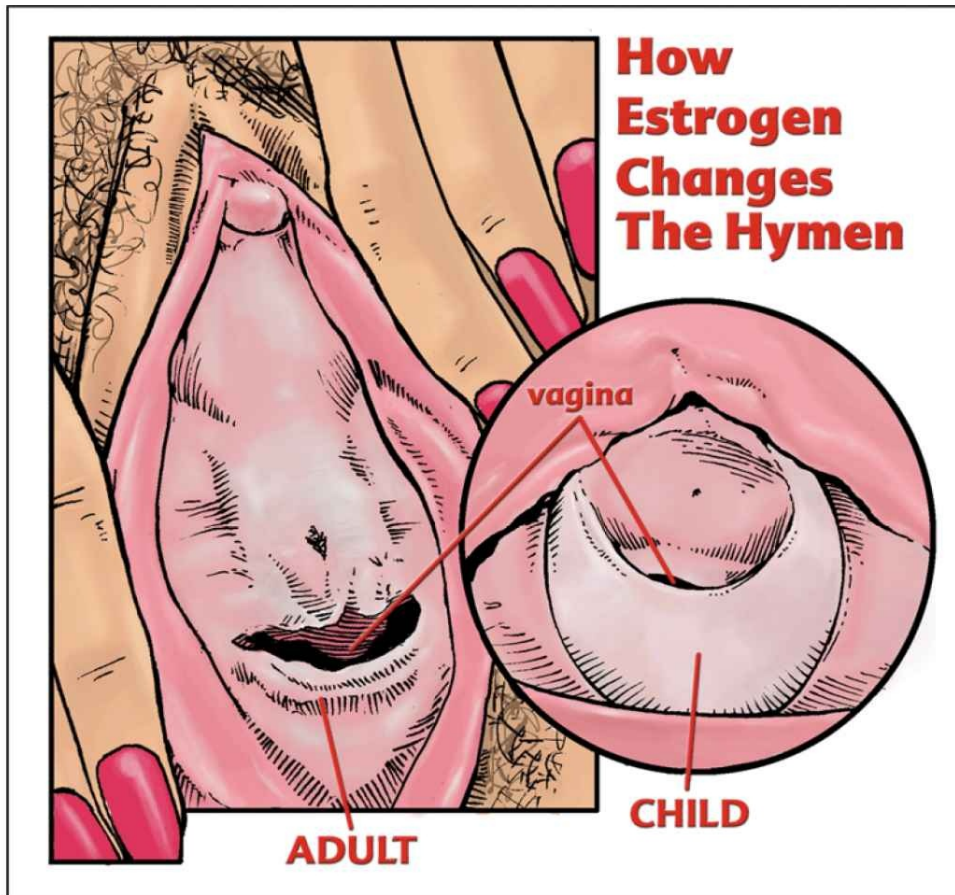
Not Fully Estrogenized: In some women, the hymen doesn't become fully estrogenized or elasticized during puberty. One healthcare provider who does premarital exams says she sometimes prescribes estrogen cream for soon-to-be married women whose hymens haven't become very elasticized. So if you haven't had intercourse and are concerned, it would be a good to ask a gynecologist if your hymen appears to have been adequately estrogenized for intercourse. (No one knows if the estrogen in hormonal birth control helps the hymen become more elasticized. No research has been done.)

Clumsy or Not Aroused Enough: A first intercourse can be painful when the male partner is inexperienced, rough, has poor aim, is really big, or the woman is not sufficiently aroused and there's not enough lubrication. As a result, the hymen might tear or bruise, in the same way your gums might when you accidentally chomp on them.

Another thing researchers have discovered is how fast the hymen heals. Medical examiners have been surprised at how normal the hymen can look in girls who they know have been sexually molested. The latest research has found that tears in a hymen usually heal quickly, often within 24 to 48 hours.



Before Puberty The hymen is almost translucent and is often crescent shaped. The opening of the vagina is often hidden behind the hymen.



During Puberty The increase in estrogen causes the walls of the hymen to become thicker, shorter and more elastic.

Far from making hymens that break or tear, nature made the hymen ready for intercourse by changing its shape and making it more elastic during puberty.

Tags

A hymen can start bleeding for the first time years after a woman has been having intercourse. This might be due to a tear in a hymenal tag, which is a remnant of the hymen. These tags are like any of the other folds of skin inside the vagina, except they might look like pointy bits where there would otherwise be smoothness. Hymen tags are fairly common, but most women never detect them because they don't feel any different from other parts of the vagina.

What Happens to the Hymen Over Time

One gynecologist we consulted believes the hymen wears away with intercourse. The larger the penis, the more it wears. She believes she can accurately guess the size of a partner's penis based on how worn the hymen appears to be. Another gynecologist disagrees, saying you can't predict anything about the number of sexual partners or their girth by the appearance of the hymen.

Needless to say, research would be helpful, but one would need to examine the hymens of women who are virgins and then reexamine them a few years after they've been sexually active. You'd also need to know the dimensions of their partners' penises, how many thrusts they do per average intercourse, and how often they've had intercourse. Imagine a world where Congress would approving funding for studies like that!

The experts did agree it's not unusual to see fronds of the hymen protruding from the vagina. These might have been tags from the hymen that became stretched. Also, childbirth might be a hymen's worst nightmare.

Warranty Repair or Revirginization

Revirginization surgery, is when a surgeon takes the tattered edges of a hymen and purse-strings them together. None of our consultants were excited about it. The explicatives they used in describing the wisdom of *revirginization surgery* are not appropriate for a family book like this. However, if the alternative is being stoned in the village square...

Hymen Issues

If you have trouble removing tampons, intercourse is uncomfortable and your gynecologist says you have a *septate hymen*, a bit of local anesthetic and a small snip can often do wonders. A septate hymen is one that hangs vertically through the center of the vagina and looks a bit like the uvula at the back of your throat except it is usually attached at the top and bottom. The ridge around the head of the penis can catch on this kind of hymen during the out strokes of intercourse.

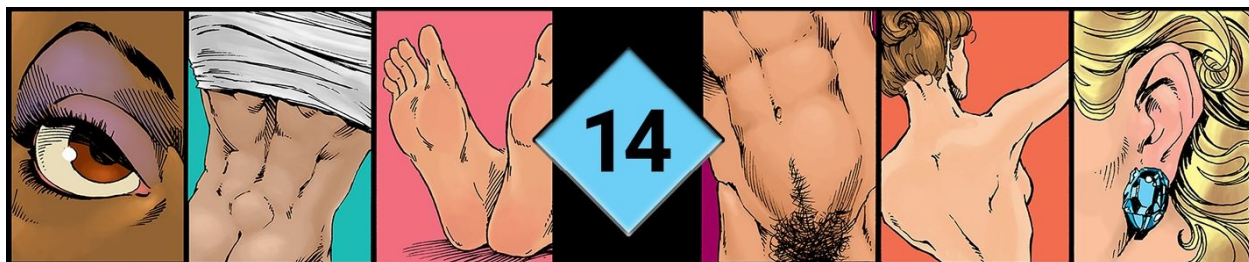
An *imperforate hymen* is more rare than a septate hymen. It is where the hymen completely covers the opening of the vagina. If a woman really does have an imperforate hymen, having it taken care of surgically is essential.

If you are having discomfort during sexplay, don't assume the problem is your hymen. One thing to discuss with a gynecologist is whether the pain is at the opening or the back of your vagina. Before blaming your hymen, you might want to rule out things like vaginismus, vulvar vestibulitis syndrome, chronic constipation, certain infections, adhesions under the clitoral hood, or when the woman is not adequately aroused or there's not enough lubrication.

Vaginsimus is when the ring of muscles around the opening of the vagina automatically clamps shut. Vulvar vestibulitis is where the vestibule and the hymen are very tender when touched lightly with even a cotton swab, not to mention an incoming penis. (For more on pain during sex, see [Chapter 48. Damn That Hurts! When Sex is Painful.](#))

No matter what your symptoms are, if a hymenectomy is suggested, get a second opinion. This is not only wise but important.

To watch our free and mostly wonderful videos about sex, please visit www.Guide2Getting.com/videos



Nipples, Nipples, Nipples

While the title of this chapter is eye catching, it should have been “breasts, breasts, breasts,” or “nipples/breasts, nipples/breasts, nipples/breasts.” That’s because for many women, the part of their breast they prefer having kissed and caressed is between the neck and nipples as opposed to just their nipples. Plastic surgeons discovered this when they were doing studies on sensation in women’s breasts.

One woman might find it heavenly when a lover barely breathes on her nipples, but convulses in pain if he is the slightest bit rough. So her partner learns to traverse her tender nipples like a butterfly and becomes a master at the art of subtle stimulation. Another woman doesn’t find it erotic until a lover’s lips latch on like an industrial vacuum cleaner. Some women’s breasts become more sensitive during certain parts of their menstrual cycle. Know your lover’s body and be sensitive to the ebb and flow of what feels good and when. And don’t assume it’s the nipple that does the trick when it might be the area a couple of inches above, below, or to the side of it.

Another thing to consider has to do with deeper meanings. To some women, whenever lips go near their nipples they automatically feel maternal. Every sparkle of sexuality drains out them. So be sure to talk to your partner about whether she gets turned on or off by nipple and breast play, or if she’d rather you be focusing your efforts elsewhere.

Stimulation for Men's Nipples

We often assume it's only women who like breast and nipple stimulation. However, a study on nipple/breast stimulation found that 52% of males enjoy tender kisses and caresses of their nipples. Another 25% of the males were probably too manly to admit they enjoyed it. Men seem to have similar variations in nipple and chest sensitivity as women. Some men get an erection when their nipples are caressed, and some find it enhances their orgasm if a partner sucks on a nipple or caresses it at the same time their penis is being stimulated.

Six Facts about Breasts

■ Women's breasts weigh approximately half a pound for each cup size. So if a woman has a B cup, each breast will weigh a pound, for a C cup, it's a pound and a half, and for a D cup, the breast will weigh close to two pounds.

■ A woman's hormones influence almost every aspect of her breasts, especially the glands inside. This is why it's perfectly normal for a woman's breasts to change in consistency and sensitivity from week to week.

■ The breasts of younger women are primarily made up of glandular tissue and not much fat. That's why they tend to be so firm. As women get older, their breast lobes are replaced by more fat, and so their breasts become softer.

■ More than 90% of women have breasts that are asymmetrical, which means one is different from the other in size, shape or position on a woman's chest. It's usually the left breast that's larger, and in almost 25% of women, the larger breast is at least one cup size bigger than the other.

■ Over the course of a woman's lifetime, her breast size will change up to six or seven times.

■ As with a clitoris or penis, the sensitivity of a breast has nothing to do with its size. Small ones can be like lightning rods, while big ones might not be sensitive at all.

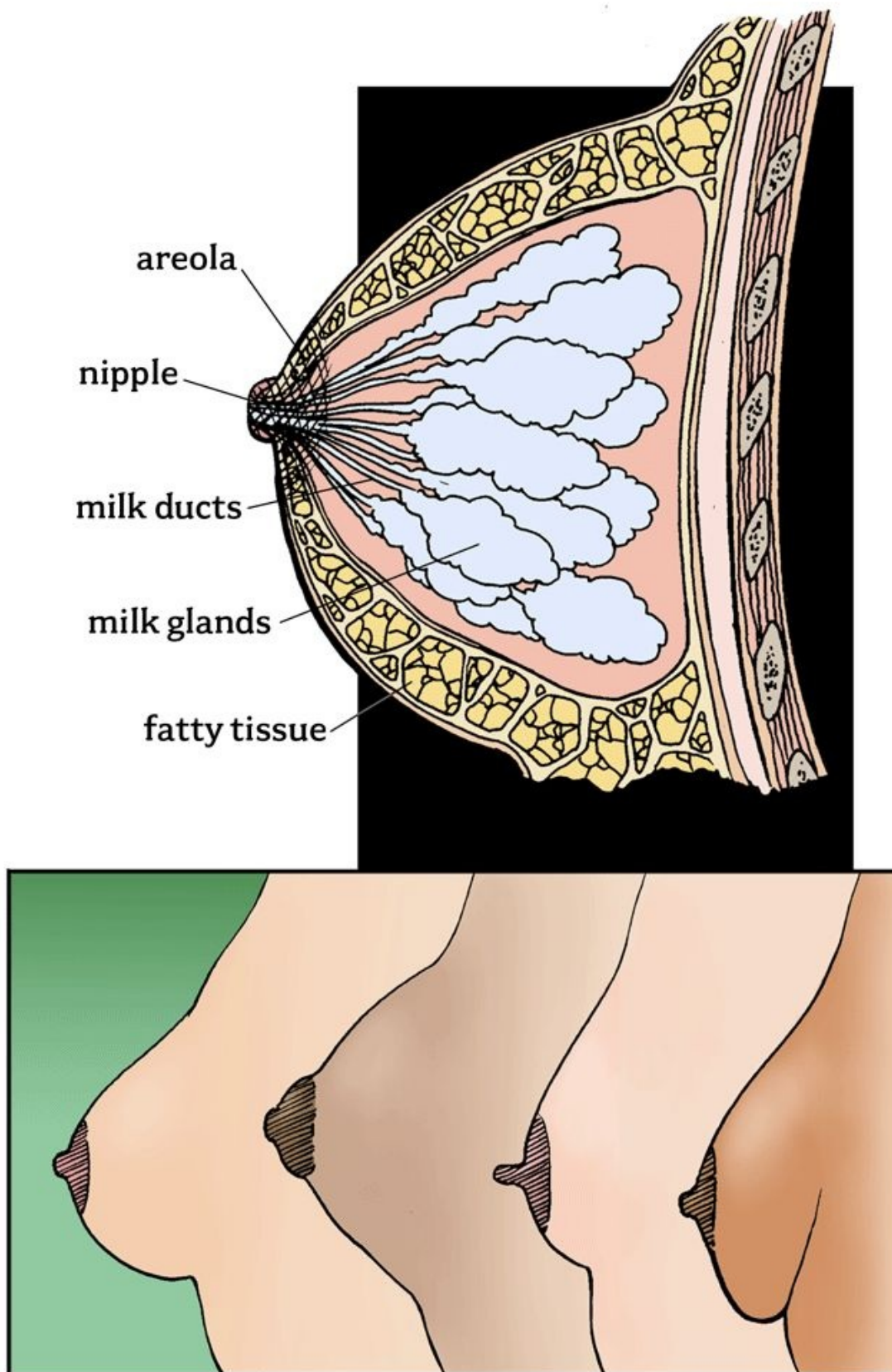
A Very Helpful Take on Breasts For Men

Here are some women's perspectives on their breasts as reported to Meema Spadola in her wonderful book, *Breasts—Our Most Public Private Parts*, Wildcat Canyon Press:

From Elaine, "My preferences vary constantly. What feels pleasurable one moment can feel annoying the next. Sometimes I hit sensory overload and can barely stand to have my breasts touched."

Cecilia says, "My nipples are very sensitive and I could be aroused almost to the point of orgasm just by touching them, but only very gently, almost not at all." At the other end of the spectrum is Heather, who prefers a firm touch that includes clothespins and biting.

There is Carrie, who was known as the girl with the big boobs. "Guys were sometimes more attracted to my boobs than to me." One day when Carrie was wearing a large rain slicker which hid her breasts behind a wall of thick yellow plastic, she met a man from out of town, and they seemed to hit it off. They talked on the phone and emailed for the first year of their relationship, with him never knowing that her bras were the size of saddlebags. Assured that he liked all of her and not just her mammaries, Carrie eventually married the man.



Breasts are made up of glands, ducts, and surrounding fat. In younger women, the proportion of fat in their breasts is usually lower. It increases with age. It is the fat that gives breasts their unique size and shape. It is completely normal for breasts to feel lumpy.

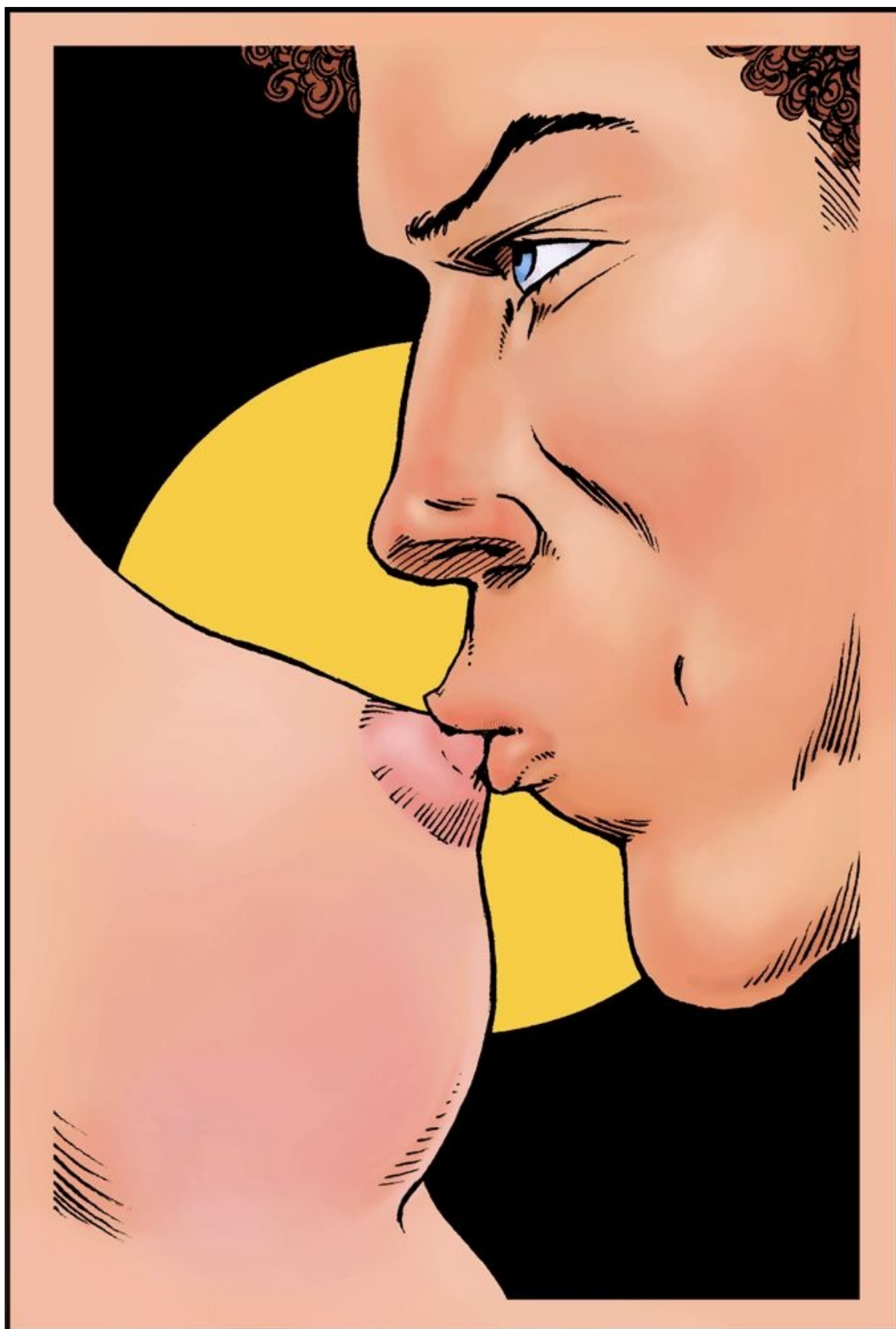
One woman in Ms. Spadola's book reports, "When a man touches my breasts, I feel a little removed from the whole experience—as if he's on a date with my breasts." Another woman says, "My boyfriend loves to suck on my nipples, but sometimes I get this sense that he is focusing on them and tuning me out, and I can feel a wave of resentment, almost jealousy, when he latches onto my breasts." A third woman says, "I would feel like I had this 180-pound baby in my arms, and occasionally he'd fall asleep there sucking my breasts. I'm sure he thought he was giving me great pleasure, but it just didn't do it for me."

There are women who describe their breasts as being "a place of warmth and love," and "without breast stimulation, sex is purely physical with no emotional component." Another perspective comes from Scarlet, with 38DD breasts, who says, "I can't wait to take my clothes off in bed because I know that men will get excited; they always want to suck on my breasts. They think that I get incredibly turned on by it, but my breasts aren't as sensitive as men expect. Honestly, I could be balancing my checkbook while they're doing it. It's really not a big deal. But I do get turned on seeing them getting very turned on."

Ms. Spadola quotes a woman who has had sex with men and women: "The men didn't seem to grasp that twisting them like radio dials does not work. They treated my breasts as something separate from my body. Women seem to know instinctively what to do with breasts. Women sense that there are times when you want your breasts to be touched, and times you don't. It didn't seem to occur to the men I was with that there might be mental and cultural baggage wrapped up there."

How Women Can Let Men Know What They Want

Even if a woman's partner has a big hairy chest, she should tell him she is going to touch and kiss his "breasts" the same way she likes to have hers kissed, and then do it. If there are times when she'd like it to be gentle, tell him, "This is what I like when I say *gentle*." If there are times when she likes it extra-rough, she should show him what she means when she says *rough*. If she like her nipples tugged, she should show him exactly how and for how long. And she shouldn't get bent out of shape if he requires refresher lessons. The learning process is not nearly as straightforward as you might think.



Techniques for Happy Breasts

There is no “one-size-fits-all” bra, and there are no sets of breast-stimulation tips and techniques that will work for everyone. Here are a few things to consider. Talk it over with your partner. Experiment and have fun learning together.

Making a Nipple Taut: When your partner is aroused, place your fingers on each side of a nipple, around the perimeter of it. Push down lightly and slide your fingers apart. This will make the nipple taut. Try kissing and caressing it. Some people find that their nipples are more sensitive when the skin is pulled taut.

In and Out: Pucker up your lips and use them to make a gasket around a nipple. Then suck in and out without breaking the seal—so the nipple feels alternating currents of vacuum and pressure. This method also works well on earlobes and the clitoris. However, if you are sucking earlobes in this way, be sure that earrings are removed first. As for jewelry in the nipples or clitoris, discuss suction limits with your partner lest one of her favorite gold loops or bars ends up at the bottom of your stomach.

Five-Finger Breast Grab: This works best if the breast and your hand are lubricated with massage oil. Rest your hand over the breast with your fingertips spread open. As you lift your hand, let your fingertips caress their way up the sides of the breasts until they are clasping the tip of the nipple. Pull on the nipple just a little or a lot, depending on what your partner likes and her level of arousal.

Nipple Between Your Index & Middle Fingers: Cup your hand over the breast in such a way that the tip of the nipple rests in the space between your middle finger and index finger. Squeeze the fingers together so that when you lift your hand the nipple follows, pulling the rest of the breast up with it. The ability to do this will depend upon the size and shape of the nipple.

Nipple and Penis: Some women find it arousing when a man caresses their nipples with the head of his penis or by pulling his foreskin up around the nipple.

All or Some? Find out if your partner wants you to lick or suck on the entire breast and not just the nipple. Remember to alternate breasts.

Hand and Mouth: Your partner probably has two breasts and you only have one mouth. Ask if she likes it if your fingers are caressing one breast while your lips are tending to the other, or perhaps she would prefer your hand to be caressing some other part of her body.

Variations in Sensitivity: Sometimes one breast or nipple is more sensitive than the other. Find out if your lover would like you to spend more time on the sensitive side, or more time on the less sensitive side

Menstrual Effects: Breast sensitivity can change with a woman's monthly cycle or if she's taking the pill. Be sure to discuss this.

Different Temperatures: An ice cube in the mouth can be a rousing way to greet a partner's breasts. Or for breasts that are already cold, drinking something warm just before licking or sucking them can feel exquisite.

Serving Tray: Fruits, desserts, whipping cream, chocolate sauce and certain liquors can be served on chests, backs, and other body parts with pleasing results. But do what you can to keep sugars out of the vagina.

Getting to Watch: Some partners find it erotic to watch a woman play with her breasts. So if you are a woman who enjoys playing with her breasts, there's no point in keeping it a secret.

Hard Nipples—Pleasure or Pain?

Let's say you are playing with your partner's nipples and they get hard. Is this a good sign? Sometimes yes, sometimes no. Until you learn more about your partner's body, don't assume that hard nipples mean happy nipples. Nipples can get hard from unpleasant stimuli such as roughness, abrasion, and cold—so be sure to ask your partner if he or she likes what you are doing. Also be aware that what a person wants in terms of nipple play can vary with their state of sexual arousal.

If You Have a Tongue Piercing or Your Partner Has Nipple Jewelry

If you have a tongue piercing, a reader cautions that dragging a steel ball across her nipples "can be a bit gnarly." Assuming your partner likes to have her nipples licked or sucked, make sure that you've coated them with a heavy layer of saliva. The extra saliva will help your barbell to glide rather than drag. Also, using the tip of your tongue when playing with her breasts and nipples will help keep the tongue jewelry away if it causes her discomfort. Get lots of feedback from your partner about this.

You'll also want to avoid sucking hard if she has nipple jewelry.

Dads and Their Daughters' Growing Breasts

Growing breasts can come between dads and their teenage daughters. This isn't something they have pamphlets on for parents at the pediatrician's office. For instance, one of a daughter's fondest childhood memories can be of wrestling and rough-housing with her dad when she was younger. But suddenly, much of the physical intimacy stops and she doesn't know why. This can be what happens when her chest develops and the physical intimacy starts to make her dad feel uncomfortable.

Hopefully, dads will understand the huge loss this can pose to their daughters. They can transform the physical closeness into involvement in other ways—such as by playing catch with a baseball or going jogging, or by taking their daughter someplace special or fun each week. The important thing is to maintain the intimacy which is so important to many daughters and dads while moving the physical relationship into a realm that's more age-appropriate.

Readers' Comments

“Kissing my breasts depends upon my mood. Sometimes I like being touched gently with fingertips and then gentle circles of a tongue followed by a very light sucking on the nipples.” *female age 27*

“Most of the sensitivity is in the nipple, but there are good feelings from having the whole breast caressed and sucked. Swirling your tongue around the nipple is good. Sucking the nipple is great! Biting the nipple is a MAJOR no-no.” *female age 34*

“Depending on how aroused I am, I like to be sucked hard and even gently bitten on my nipples.” *female age 45*

“There doesn't seem to be any logical pattern or reason behind it, but sometimes even touching the breast area can hurt. Other times, pretty much anything is okay.” *female age 32*

“I had to have a breast biopsy last year for a lump. I had not thought of my breasts as pretty before. They have always seemed too small compared to what all the boys were paying attention to. With a gain in

self-esteem and self-respect and with the help of my current boyfriend, I've found that I really do think of my breasts in a whole new way, especially after going through the experience of surgery. My lump was benign, but it made me think about myself in a new way and what I really have to appreciate." *female age 20*



Dear Paul,

My boyfriend wants me to lactate for him. I am not pregnant and never been. I don't know how to lactate. I don't know if it's safe or if it is going to turn me into a hormonal wreck. If you have any advice I would be really grateful.

Madonna in Montana

Dear Madonna,

For starters, what you are asking about is different from the breast play that some couples enjoy during lovemaking. You are talking about a situation where your breasts would be lactating and your boyfriend would be nursing on them two to four times a day, seven days a week. If he missed a nursing, you would need to pump or express the milk from your breasts. This wouldn't be a problem if you were also donating breast milk to infants, which is becoming a cottage industry in a number of countries.

Adult couples who nurse refer to it as an "Adult Nursing Relationship." It usually begins after the woman has had a baby. The father may have started nursing alongside junior, or maybe mom encouraged him to take over once the baby was weaned. There are adult couples who keep nursing for years. The child could be graduating from high school, and dad might still be sucking milk from mom's breasts.

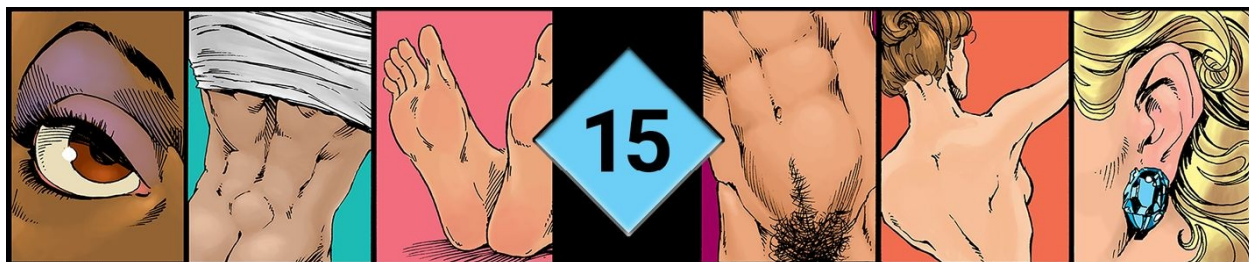
Having to nurse so often might cause even the most eager of couples to abandon the concept. However, couples who continue this kind of nursing seem

to cherish the added closeness and dependency. Not only is one partner dependent on the other for milk, but she is dependent on him to relieve her swollen mammarys. The woman's milk will often let down at the sight or sound of her partner, just as a nursing mother's breasts will let down when she sees or hears her hungry infant cry.

There are two ways that someone who hasn't been pregnant can try to jump-start her non-nursing breasts. These methods have been pioneered by adoptive moms who are trying to breast feed their adopted infants. One method involves the use of drugs to trick your body into thinking you were pregnant and have given birth. The other involves seriously intense sucking on the part of your partner, several times a day for several weeks. Even then there is no guarantee he'll be sporting a milk mustache.

If this did work, your breasts would probably get bigger, so you would need to buy new bras and blouses. As for the potential of getting stretch marks, I don't think it would be any different than with mothers who nurse infants. Also, you would need to supplement your intake of calories and calcium just as a nursing mother does. Otherwise, your body might start robbing your bones of the extra calcium that your breasts need to produce milk. And if your boyfriend didn't cut calories in other ways, he'd probably start to get fat.

As for the safety and impact of all this on your body, women have been nursing babies since the beginning of time, but would nursing an adult partner have the same impact on your body as nursing a baby? I don't know of any studies on this.



The Ultimate Tenderness

When writing this book, I tried to consider sex from many different perspectives, including mate swappers, Tantric-sex masters, born-again Christians, bondage enthusiasts, and even those whose sex lives are really boring. Having left no sexual stone unturned, one and only one universal truth about human sexuality emerged:

No matter what your sexual beliefs, fantasies, kink, or persuasion, nothing beats a good back rub.

Nobody, absolutely nobody, had a single bad thing to say about a good back rub. Ditto for foot massage.

Hard vs. Soft? Male vs. Female?

Just about every book ever written on sex loves to state that men touch women too hard, and that women touch men too soft. Nonsense. There are two types of touch that both men and women seem to like a great deal:

Feather-Light to Light: This is where the fingertips lightly dance across the surface of the skin, resulting in a delightful tingling sensation that may or may not raise goose bumps. It can also be done with the flat of the hand doing light, long, gentle strokes.

Deep & Hard: This is when muscles are kneaded with a strength and authority that chases away stress and tension. The men commented that they often fear they are doing this too hard, but their female partners almost always say it's just right or to do it harder.

For helpful resources, there are numerous books and videos on touch and massage. An hour spent reading one of these books or watching a video will do a great deal for your relationship. Pay special attention to foot rubs, hand rubs, and scalp and facial massages. These body parts are often ignored because they aren't considered blue-chip erogenous zones.

Spectators vs. Participants

To help defend ourselves from anxiety and stress, we often turn our muscles into body armor. Learning to massage and be massaged is one way to help relax your body's armor. This might be anxiety-producing at the start, so go slowly and try to enjoy the gains you are able to make.

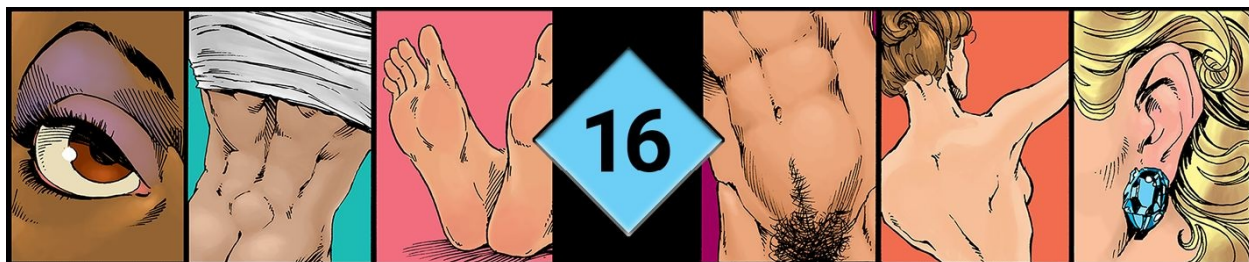
Also, some people struggle to get fully into their bodies. They may have trouble relaxing enough to enjoy what is being shared with them. Or they need to be hypervigilant about what is going on around them. Massage can be a nonthreatening way to allow more closeness.

Combining Sex & Massage

One reader comments: “My husband often massages my shoulders while I’m giving him head. It feels wonderful and serves to relax me so I can become more easily aroused.” Another reader ties her naked partner’s hands together above his head. She lets him watch as she removes her satin panties and caresses his entire body with them. A third reader drags her hair across her lover’s naked body and eventually wraps it around his genitals.

One man reports that the best way to drive his partner into total ecstasy is by brushing her hair or massaging her scalp with his fingertips. Another couple takes long, candlelit showers together, shampooing each other’s hair and soaping each other’s body.

Perhaps you have your own favorite ways of combining massage with sex play. Whatever your inclination, if there is only one thing you take from this book, it will hopefully be to make massage an integral part of your sexual relationships. Touch and massage might be the most important aspects of human sexuality, outside of the occasional need to replenish the species.



Orgasms, Sunsets & Hand Grenades

“Define orgasm? It’s somewhere between a hand grenade and a sunset.” —
Billy Rumpanos, friend and surfer

One of the many nice things about sharing sex is having orgasms, also known as coming. But orgasms are not without their mystery. Perhaps it might be helpful to consider a few comments about orgasm from Dr. Frieda Tingle, the world’s leading expert on sex:

Q. Dr. Tingle, what do you think of sex in America?

A. I think it would be a good idea.

Q. Do you think Americans are too concerned about orgasms?

A. Orgasm is very important for many Americans because it tells them when the sexual encounter is over. Most of these people enjoy competitive sports, where some official is forever blowing a whistle or waving a little flag to let them know the event has ended. Without orgasm, they would be fumbling around, never knowing when it was time to suggest a game of Scrabble or a corned-beef sandwich.

Q. What kind of things affect a person’s ability to have an orgasm?

A. One important factor is diet. I have been told that it is impossible to have an orgasm after eating an entire pizza. Another factor is the weather. Many patients have told me that if the window is open and they are being rained on, it is particularly difficult to have the orgasmic experience.... (Dr. Frieda Tingle is the alter ego of Carol Tavris and Leonore Tiefer.)

Orgasm Defined

The best way to define orgasm is to put your hand in your pants and give yourself one. But this assumes you are able to give yourself an orgasm and you don't have six different kinds when you do. Perhaps you will find the following definition to be helpful:

■ Orgasms are extra-special sensations that people sometimes experience while being sexual, either alone or with a partner. They occur after a certain threshold of excitement has been crossed. They can last from seconds to minutes or longer. A sense of well-being or relief often follows.

■ Orgasms often feel as if they are being broadcast from the genitals or pelvic floor, although there is no reason why they can't come from other parts of the body.

■ Some people experience orgasm as a single, tidal-wavelike surge with a couple of brief aftershocks; others experience it as of waves, genital sneezes, or bursts of light, color, warmth, and energy. Some describe orgasm as creeping up on them and slowly flooding their senses. Some experience it as an explosion, for others it's a whisper.

■ Some orgasms make you feel great; others can be wimpy and disappointing. Some are strictly physical; others are physical and emotional. Some reach into the body; others reach into the soul. Some are intense and obvious; others are diffuse and subtle.

■ The way an orgasm feels can vary with different types of sexual activity; orgasms from oral sex might feel different from intercourse orgasms. Masturbation orgasms are often the most intense, but not necessarily the most satisfying.

■ Orgasms with the same partner are likely to run the gamut from totally spectacular to downright disappointing. It depends on the particular day, and whether your worlds are colliding or are in sync.

■ Some people have orgasms when a lover kisses them on the back of the neck; others need a stick or two of dynamite between their legs. The amount of stimulation needed to generate an orgasm has nothing to do with how much you enjoy sex.

■ When shared with someone you love, the feelings that follow orgasm can make it possible to experience a special kind of intimacy.

■ Some people feel pleasantly amped or energized following orgasm, while others feel mellow and might want to sleep. For some people, one orgasm begs for another. For others, it calls for hugging and tenderness.

■ Some people are easily derailed on the road to orgasm. For others, the phone can ring and the earth can shake; they come no matter what.

■ Orgasms can catapult you deep into your own world. You can lose awareness of your partner, which means they're doing something right.

■ It can be nice to occasionally blast off together, but it is not necessary or even desirable for partners to come at the same time. It can be wonderful to feel or watch your partner have an orgasm, which is difficult to do if you are coming simultaneously.

■ Some people have orgasms with their legs squeezed together, while others come with their legs apart (innies vs. outies). People who prefer coming one way sometimes find it difficult to come the other way.

■ Genitals can become extremely sensitive after having an orgasm. Stimulation that may have felt wonderful moments before orgasm will often feel painful or abrasive immediately after. It never hurts to ask your partner about this, since it's true for some but not for all.



Does Orgasm Alter Your Consciousness?

When people are coming, they often experience a change in consciousness. One brain researcher who has studied women's orgasms suggests that they are similar to a trance or a near seizure like experience. Getting to that point, where a woman can allow this kind of brain change to occur, might require a more nuanced process than how men arrive at the threshold of male orgasms.

Your Partner's Orgasms

We often assume that a partner who has an orgasm is fully satisfied, while one who doesn't is disappointed. Were it that simple. If wanting orgasms were the sole reason for doing a particular sex act, not many women would bother with intercourse.

Most of us can give ourselves intense orgasms when we masturbate. But not many of us can get feelings of closeness and intimacy when we do ourselves solo. For some people, it's the feelings of closeness and intimacy that are the most important part of lovemaking.

Increasing the Odds

Things that increase your chances of having an orgasm: being seriously into your partner, exercise and a healthy diet, seeing erotic images, and anything else that turns you on. (Going to college increases the chance of a woman orgasming from masturbation; guys have never needed a degree to figure that one out.)

Things that decrease the chance of orgasm: being annoyed or angry with your partner, smoking cigarettes, stress (notice how you tend to have more sex while on vacation), not sleeping enough and taking certain drugs. There's a huge list of drugs that will dent your libido or delay your orgasm, especially SSRI anti-depressants such as Prozac, Zoloft and Paxil. Hormonal methods of birth control can significantly decrease the sex drive in many women, and the combination of SSRIs and hormonal birth control has been described as the ultimate anti-sex cocktail.

Almost twice as many Protestant women as Catholic women report that they orgasm during sex. Perhaps one problem for Catholic women is the Catholic church's strident prohibition against touching yourself or masturbating, which is how a lot of women learn to have orgasms. Information on how Catholic boys learn to have orgasms is still under litigation in many dioceses throughout the land.

Expressions, Decibels & The Way People Come in the Movies

Some people worry about how they behave when they are having orgasms. Some are self-conscious because they lose control, others because they don't. There is no correct way to come. Sexuality is an altered state of mind; what you do with it is up to you. Some people worry how they will look if they allow themselves to be overwhelmed by an orgasm. They fear their partner will laugh. Quite to the contrary. It is far more likely a partner will think:

“Her face got all twisted and contorted. She looked like she was tripping big time. She must have had a major orgasm. Maybe I'm not so bad in bed after all....”

There are also people who have sensational orgasms but hardly show it. Their orgasms are an internal phenomenon that remains hidden from the outside world.

Many of us assume that women are supposed to make noise when they are coming, even though there is no correlation between decibels and delight. Some women sound like freight trains when they orgasm; others become completely quiet except for an occasional twitch and sigh. The same is true for men. If your partner comes in a quiet way and you would like to know more about it, why not ask?

Many of us learned to come quietly at a young age. That's because there might not have been much privacy where we masturbated. Letting out a loud bellow would have informed the entire household. This was particularly true if you shared a room with siblings, and even worse if you had the top mattress in a bunk bed. The same difficulties are faced by students living in dorms, sororities, fraternities, and in military barracks, where roommates often sleep a few feet away. So we pretend to be asleep when masturbating—a funny notion when you consider that our roommates are probably pretending they are asleep as well.

The sex-noise dilemma is also faced by parents who are making love (or trying to make love) when there's a household full of kids. Their children's response to hearing mom and dad making love can range from “Mommy sounds upset” to “That's SO gross, where's my earbuds?”

Spontaneous Orgasms

This quote is from a woman who had a spontaneous orgasm while riding public transit — a rather scary thought if you have ever taken the bus in places like Los Angeles or Detroit:

“I’ve perfected this wonderful ability to orgasm without touching myself. It started one day on the commuter train when I was ovulating, and I felt myself throbbing. I started running a fantasy in my mind and discovered I could bring myself to orgasm. The only trouble with a public place is you have to control your breathing....” —*Words of a former high school homecoming queen from the Midwest, in Julia Hutton’s Good Sex, Cleis Press.*

One sex therapist describes a time in college when he and his friends were talking about different ways of masturbating. One guy said he could ejaculate without touching his penis. Bets were quickly made and the room became quiet. Mr. Spontaneous whipped out his penis. After his eyes were closed for a while, his penis became erect. He began breathing faster, and eventually had an ejaculation without ever touching his penis.

Not only is it possible for some people to have an orgasm without genital stimulation, but it can even happen without sexual thoughts. Some women have spontaneous orgasms during highly charged debates or intellectual discussions that have nothing to do with sex. One female reader had her first orgasm as a teenager while her hair was being brushed, and as a 40-year-old she still has orgasms when her hair is brushed. Some women have spontaneous orgasms when working out, especially when doing crunches or exercises that involve the abs.

While not many of us are able to have orgasms without genital stimulation, the existence of hands-free orgasms does suggest that there is more to orgasm than genital contact. People who have suffered nerve injuries and can no longer feel sensation in their genitals can learn to have orgasm feelings in other parts of their bodies, such as their faces, arms, necks, lips, chests, and backs. That’s because the power to experience orgasm resides in our brains and not simply in our groins.

One woman whose clitoris and vagina were removed due to cancer was able

to experience the same kind of intense multiple orgasms after the surgery as before.

People who have lost one of their senses do not suddenly grow new ones to compensate. They are forced to better use the senses that remain. This suggests that many of us could achieve greater sexual pleasure from other parts of our bodies if we learned to allow it. One way of doing this is mentioned later in this Guide, where the woman stimulates her partner's penis with one hand while using her other hand or lips to caress another part of his body not normally associated with sexual feelings.

Pain, Pleasure and Orgasms

Receptors for pain and pleasure are located next to each other throughout our bodies. These receptors often fire at the same time. It is our brain's job to decide whether the overall experience feels good or bad. To make such a decision, our brain will sort through its database of everything from whether we are ticklish to how we feel about people with brown hair and green eyes like those of our partner. So our brains make their own decisions about what is pleasurable and what is painful.

For instance, one person experiences being spanked by their partner as painful and a turn-off, while another person finds the pain to be erotic. The stimulus is the same, but how we feel about it depends on how our brain interprets it.

The way we interpret pain is also impacted by our level of sexual arousal. People who enjoy being spanked during sex usually don't like the pain unless it's done when they are sexually aroused. Being aroused can cause the brain to throw routine caution to the wind, converting sensations that are otherwise painful into sensations of pleasure.

Possible Assist for Women's & Men's Orgasms

When women are about to come they often pull in or tighten their pelvic muscles. Yet trying to relax might make their orgasms more intense. Some women will hesitate to do this from fear it could allow them to pass gas or pee, but you'll both live if she does. If you consider the gas-passing habits of most couples, chances are she owes him a few.

Whether you are male or female, you might occasionally experiment with relaxing the muscle tone in your pelvis when you come. Some men find they can prolong the feelings of orgasm if they relax their crotch and anus as orgasm is about to come. Others not so.

What Was It Like?

Lovers sometimes ask each other if they came, but not what coming feels like. Sexual experiences can be hard to put into words, since they often exist on the cusp between physical and emotional sensation. But asking a partner to describe what an orgasm feels like might lead to some interesting insights and discussions.

Guys Faking Orgasm?

When the first edition of *The Guide* was published, it was assumed that women were the ones who did the faking. Yet up to 30% of young adult males have faked orgasms at one time or another. Researcher Karen Yescavage found that guys fake orgasm for reasons such as: “I was tired,” “I faked it so she wouldn’t see me go limp,” “So she would think she was doing a good job,” or “I wanted to get it over with.” The reasons women gave for faking tended to fall into the “I-was-tired-bored-or-it-was-hurting” category.

A number of people who faked orgasms felt it helped increase the intimacy in sex. For them, the intimacy was more important than whether they came or not. Others feel that deceiving a partner is wrong no matter what the justification. They can’t see how you can lie and feel more intimate at the same time.

The people who admitted to faking orgasms didn’t fake them very often. Straight white women and lesbians fake orgasms at the same rate, which is twice as often as Hispanic women. One explanation for the disparity is that lesbians and white males may expect their partners to have more orgasms than Hispanic males do, and so the white females and lesbians felt more compelled to fake orgasms.

If Your Partner Fakes Orgasms

One of the worst things you can do when a partner fakes an orgasm is to go on a mission to help him or her have real orgasms. This usually makes matters worse. When it comes to orgasms, there is sometimes a fine line between helpful concern and obnoxious fretting, especially if the reason you need your partner to have an orgasm is for your own reassurance that you are a good lover.

Rather than trying to help your partner have an orgasm, why not try to discover the things that give him or her pleasure and comfort? Contrary to what you might think, this could simply be holding each other for an extended time or not grabbing for your lover's crotch the minute you feel horny. If your partner has suggestions about technique, all the better, but this might not be where the issue lies.

Far more relationships crumble from a lack of emotional pleasure than from a lack of orgasms. As long as you are able to give each other emotional pleasure, there are plenty of ways to achieve orgasm. This book lists several hundred of them.

Orgasm Dementia

■ Sometimes it's fun to count orgasms and go for it like pigs to mud. But for some people, orgasm production or procurement has a suspicious edge. Here are some reasons why:

■ Some people get a sense of smug superiority by claiming how many orgasms they either had or "gave" a partner. They confuse sex with video games.

■ Pleasure-giving can be a way of controlling a partner. This might not sound like such a bad problem, unless it's your job to come in order to make your partner feel like he or she did good.

■ Some lovers expect their partners to supply them with constant sex and orgasms. A partner can start to feel used.

■ There are people who need to have sex or masturbate many times a day to help numb anxiety or ease feelings of deadness. Flooding their nervous system with a constant stream of orgasms can be a way of keeping an emotional funk at arm's length. This should not be confused with sex that done is for fun and pleasure.

Reinventing the Sexual Wheel — Marketing & Orgasm

TV infomercials have been hawking pills and herbal concoctions for better sex and bigger orgasms, which you would be well advised to stay far, far away from—especially products that use the word “enhancement.” We’ve also been told we should buy books and DVDs on G-spot orgasms, female ejaculation, extended orgasms, one-hour orgasms, and Tantric-sex orgasms. Some of these might help, but probably no more than talking to your partner about what feels good and what doesn’t.

Reader Comments

For men: What does an orgasm feel like?

“My knees get weak and I tingle everywhere. It feels like I am numb all over.” *male age 21*

“Like an energy emanating in the soles of my feet, up the back of my legs, in and through my rear end, to my belly button, and out through my balls and penis. Awesome, warm, exhausting.” *male age 26*

“When I’m getting close, it feels like every ounce of fluid in my body has been forced into my penis. My whole body is in anticipation of the moment when my penis can no longer take the incredible pressure and bursts. Flames envelope the entire thing and the shock reverberates throughout my entire body.” *male age 25*

“Orgasm makes me feel very connected to my lover, like I’m becoming a part of her.” *male age 39*

“It feels like all your vital matter collects in your penis and then shoots out of you!” *male age 22*

For women: What does an orgasm feel like?

“Every orgasm I have is different! Sometimes I feel like I’m just melting, floating away. Sometimes I feel like I’m running or pushing into the orgasm. Sometimes an orgasm will sneak up on me; other times I will be able to control its arrival and duration.” *female age 45*

“All my orgasms seem to be the same beast, but with varying levels of intensity from ‘Gosh, was that it?’ to an ache so sharp it’s almost hard to bear. My most intense orgasms tend to come from using a vibrator but, oddly enough, they’re not always the most satisfying.” *female age 36*

“Orgasms range for me from a simple response in my genitals, without much sensation and even some numbness, to a mind-blowing, explosive force of nature that permeates my whole body, mind, and emotions, encircles my partner and fills the room around us. Sometimes it’s the physical sensations that are the most intense part of orgasm; other times it’s the emotional quality and being with my partner that take top billing. Even when the physical sensation isn’t very intense, I generally feel much more whole and integrated after an orgasm.” *female age 47*

For women: Your first orgasm?

“With a vibrator at age 38. Finally!!!” *female age 49*

“It didn’t happen until seven months after my first sexual experience. I had no idea what was happening. We were through having sex. When I began to put my clothes back on, I started to tingle and fluids started flowing out. It felt great, but I was actually kind of scared and embarrassed.” *female age 21*

“I had my first orgasm during one of my first menstrual periods. The feeling of a clean pad against my genitals made me feel a warmth I had never experienced before. I rubbed against it to see if I could prolong the sensation, although I had no idea what the sensation was. I just knew it felt good!” *female age 45*

“My first orgasm took place at age 18, when my fiancé introduced me, despite my initial revulsion and disbelief, to the delights of cunnilingus. I thought he was depraved. I was sure I was going straight to hell. I couldn’t wait for it to happen again!” *female age 55*

“I had an electric shaver that had an attachment which was a massager. After about an hour of moving it around on my clit (and praying that the pillow between my legs was muffling the sounds so my parents didn’t

hear) I had an orgasm. I'd already had sex many times with my boyfriend, but I felt like I was really sinning now!" *female age 25*

"I didn't know what was going on. My body felt like it was convulsing. I tried not to let the guy know this was happening. I didn't know at the time I was supposed to let myself go and enjoy it." *female age 26*

"The first one I had was clitoral—it tickled (I was probably 10). The second type of orgasm I had was when I was 20. I felt it more in my vagina. It was overwhelmingly emotional and I came in a flood, and I do mean flood. I thought I had peed all over my partner. Now I have both kinds of orgasms. I get to pick, let's see, lobster or steak?" *female age 26*

"My first orgasm was when I was making out in the back seat of a car. I was on top of my boyfriend and there was a lot of bumping and grinding going on, and I just climaxed, with my clothes on." *female age 49*

"I was surprised by how sensitive my clit was, but I wasn't sure the actual orgasm was an orgasm because it didn't seem nearly as explosive as what happened in the bodice-rippers I'd been reading. I couldn't believe I'd gone through all this work for that. Happily, many years of practice improved the results!" *female age 36*

"I was 20. One morning before arising I was idly rubbing my clit and fantasizing, and from out of nowhere excitement began building more intensely than it ever had before. I rubbed myself quite vigorously and for a very long time, until suddenly there was a mind-blowing explosion. I was certain that everyone in the house figured out what I was doing. I was very embarrassed. However, I repeated the experience every night—it took over an hour of heavy-duty stimulation at first." *female age 51*

"My first orgasm was by a male friend (not a lover). I told him that sex was not that great. He used his fingers to teach me what it could feel like. I remember thinking 'Oh God, this is an orgasm!' " *female age 48*



Hi Dr. Paul,

I'm a writer from a major women's magazine. I'd love to interview you for a story to ask if there's any evidence pointing to how many orgasms a woman is able to have, whether there's a "limit," and how women can achieve orgasm after orgasm after orgasm. Are you interested?

Echo

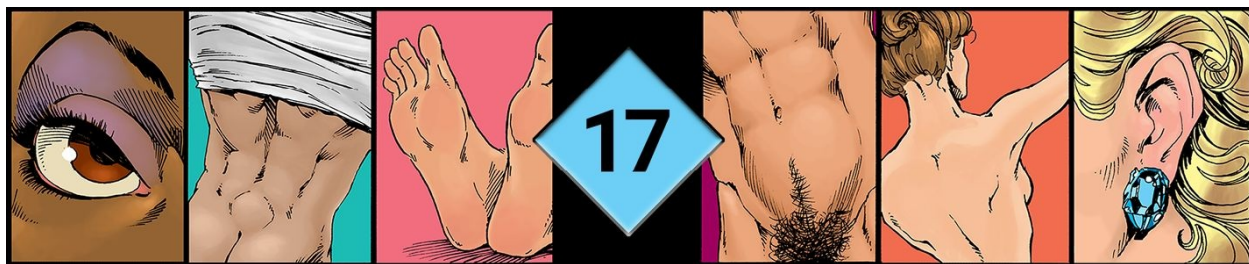
Hi Echo,

Thanks for thinking of me for your article. Here's the problem—I deal with real people who have real sex lives. You deal with editors who want sensational articles to sell magazines and generate click throughs.

The idea of “orgasm after orgasm after orgasm” sounds bizarre to me. It's one more burden we are placing on women to act like porn stars.

What should matter is if the sex is satisfying for a woman, not whether she has one orgasm, ten orgasms or none. Is the sex achieving what she wants for herself, and for her relationship if she's in a relationship?

So I'm thinking I'm not the person who's going to make your article shine, or put a smile on your editors' faces!



The Orgasm Talk

There are a lot of talks about a lot of things. But the one talk couples almost never have is *the orgasm talk* which is an honest discussion about orgasms rather than just “Did you come?”

Women's Orgasms Are the Lovemaking Trophy

One should not assume parity between men's and women's orgasms. There are reasons for this. Men's orgasms are usually a given during sex. But if the only reason a woman wanted to have sex was for the orgasms, she'd be ahead of the curve if she sent her partner off to play video games and took matters into her own hands.

For many women, it's the intimacy and full body contact of intercourse that makes sex special, not that they want a guy to ignore the importance of their orgasms. So women do not always equate sexual satisfaction with having orgasms, while for men, the idea of sex being satisfying without an orgasm is a foreign concept.

Men's orgasms tend to be obvious, while women's are not. Men are at the mercy of women to inform them if they did or didn't come. Otherwise, men wouldn't need to ask, "Was it good for you?" So it's the elusive nature of women's orgasms that elevates them to the realm of the lovemaking holy grail.

Also, a woman might need sex to be different depending on her mood. She might want sex to knock her socks off on Monday, but on Tuesday she may want sex to help her feel more grounded or connected. So orgasms might be a bigger part of sex for her on some days than others. There's no way a partner will be able to understand this unless she explains it to him.

Hopefully, in reading this chapter, you will understand why it can be helpful for men and women to have a talk about orgasms.

Recent Research Findings

Some women assume it's the man's job to provide the right physical stimulation for a woman to have an orgasm, but it's her job to get into the right mental space where she can let go of life's worries and allow an orgasm to occur. Is it really this simple?

It is unlikely a woman will forget everything that has or hasn't gone on between she and her partner during the past week just because they are about to have sex. Feelings of anger, frustration or disappointment will not evaporate the second her partner pulls out his penis. Helping to create the right mental space is just as much his job as hers.

It could also be that a man's ability to make a woman feel sexy and desired helps create the right mental space for her. Or maybe it's his willingness to be playful and to make sex fun. Acting out fantasy scenarios or being kinky could be what turns her on. Perhaps a woman wants her partner to be more "take charge" in bed. These all need to be part of the orgasm talk.

As for a man's physical skill set, just because porn makes it seem like a man should automatically know how to please a woman, it doesn't work like that in real life. Men need and often want guidance from a partner. So a woman's ability to show a man how to stimulate her physically is often the key to him being able to provide her with the kind of physical stimulation she needs to have an orgasm. Again, part of the orgasm talk.

Orgasms Before? Orgasms After?

There's been a popular notion that a man should make sure a woman comes before he does. This can be good for some women, but not for others. (Perhaps the point was to encourage men to think about women's orgasms in addition to their own, because sex is often over once a man comes.)

But prescribing who comes first can place all kinds of pressure on a woman that is not conducive to sexual pleasure. Also, some women are happy to have an orgasm after intercourse is over. They might enjoy it if a partner holds them while they masturbate with their fingers or a vibrator, or after he rolls over and falls fast asleep. That way they can enjoy whatever fantasy they'd like to have.

Discussing how and when a woman prefers to have an orgasm is a good thing to include in your orgasm talk.

Orgasms during Intercourse?

A common assumption is that the penis stimulates the clitoris during intercourse. Yet if you look at where the tip of a woman's clitoris ends and where her vaginal opening begins, you might wonder what nature was thinking. The tip of the clitoris is a ways above the opening of the vagina.

Perhaps that's why so many women need to stimulate their clitoris during intercourse in order to have an orgasm. They use a finger or vibrator on their clit while a partner is thrusting, or they grind their clitoris into his pelvic bone, or they push their clitoris down with their fingers so it gets more stimulation from his penis. So if either of you is assuming women should have orgasms from thrusting alone without added clitoral stimulation, this should be something you discuss.

Fingers Okay, But Not a Vibrator?

Men tell researchers it's okay if they or their partner stimulate their partner's clitoris with their fingers during intercourse. However, they aren't nearly as enthusiastic about a partner using a vibrator during intercourse. It seems they interpret the vibrator as a rival or as an indication of failure on their part.

Intercourse is about pleasure. What does it matter if a woman is using a vibrator instead of her fingers during intercourse? Any guy whose partner enjoys using a vibrator while he's thrusting should consider himself a lucky man. That's because she'll be having intense orgasms and she will associate them with him and the wonderful feeling his penis provides when it's inside of her.

Strangely enough, guys usually don't mind if a woman uses a vibrator on her clitoris when they are having anal sex. Perhaps one of the allures of anal sex is that it's more "anything goes" than vaginal intercourse. Men feel less threatened by a woman's vibrator during anal sex.

The Final Approach But No Landing

Women will often get close to having an orgasm, but something happens or changes in the last minute and they suddenly careen away from it. So when you are having your orgasm talk, be sure to discuss what a woman needs as she's approaching orgasm. Men will often push a woman off a trajectory toward orgasm by suddenly going faster, harder, or by changing the rhythm, unless that's what she specifically wants. Talk about what she needs during the minute before orgasm.

You'll also want to find out what's best once a lover starts to orgasm. Should a man keep doing exactly what he was doing before she started to come, or does she want him to switch gears? How should he be in the minutes immediately after she has an orgasm? Some women might prefer steady pressure on their vulva after they orgasm. Others will want a partner to do what he was doing before she came, but at a greatly reduced intensity. And for some, hands off is the sensible approach.

Agony vs. Ecstasy

When I first started working in an emergency room, there was a young man down the hall who was moaning in excruciating pain. He would pepper his moans with an occasional “Oh God.” If the context had been changed and someone had heard these same moans coming from a bedroom window, they would have smiled and assumed this guy was receiving the mother of all blowjobs.

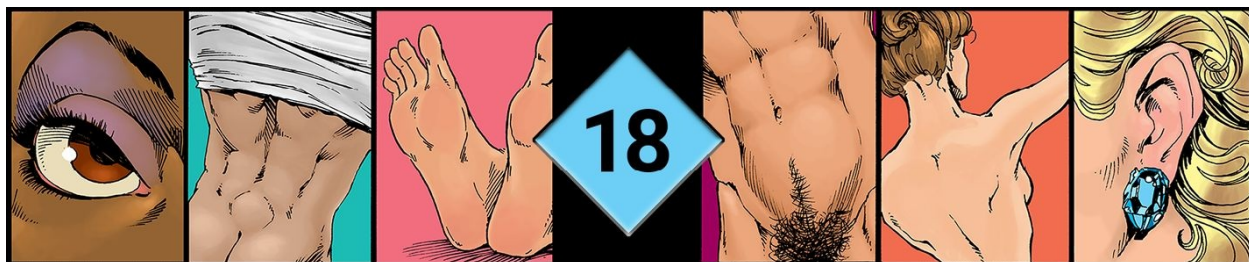
How is it that pain and sexual pleasure can sound so identical? They don’t feel the same, or not for most of us anyway. But it can be difficult to know when a partner is expressing pleasure as opposed to pain. This is yet another thing for the two of you to talk about. Learn your partner’s signals for pleasure vs pain.

As for the assumption that women are highly verbal when they have orgasms, the opposite can be true. Some women zone out and go into another world. Hip-bucking and screaming aren’t a part of it. But for other women, you might need to give the neighbors ear plugs. There is no correlation between decibels and delight.

The Bottom Line?

As you might have gathered, there's much to discuss with a partner about her orgasms. Hopefully you will not have just one orgasm talk.

A special thanks to Claire Salisbury at Western University in Ontario, Canada, to Tristan Taormino, and to Nina Hartley, who, suggests that couples should have an orgasm talk.



Consent

This has always been a book about consent: about asking, respecting and never pushing or pressuring a person to have sex. It doesn't matter if you are together for an hour or a lifetime, if there isn't consent, then there shouldn't be sex.

In more and more states, sex without mutual consent has become illegal. It is incumbent upon men and women to know what this means.

Then vs. Now

For too long, consent in sex has been defined as whatever you could get away with. But the excuse of “She didn’t say no!” will no longer offer protection for a man who is charged with sexual assault or rape.

The new consent rules also address coercion. While it is perfectly normal for a woman to wonder if the sex was worth the effort, the last thing she should be asking herself is “was it rape?”

“I’m Not a Rapist!”

No one wants to see himself as a rapist. But if you have pressured a woman to have sex when she didn’t want to have sex, it could be rape. Even if a woman didn’t say no to sex, you can still be charged with sexual assault. The same is true if a woman said yes, but suffers buyer’s remorse and it becomes her word against yours.

If you had casual sex with a woman who was under the influence of alcohol, drugs, or was asleep, you may have committed rape. If “all you did” was fondle or grope a woman who put your hand under her shirt but was under the influence, you could be guilty of sexual assault. Your penis never has to come out of your pants for you to be charged with a very serious felony. And you don’t want to be in the position of telling the court “But she only had one beer.”

If it’s a “he-said she-said” situation, the chances are high the male will lose. So men need to start asking themselves if casual sex is worth the risk of being arrested for rape. I don’t believe it is. If you have a penis, Title IX on most college campuses has you in its sights.

There’s nothing in the new laws that say you have to buy a woman a wedding ring before asking for a handjob. But it’s important that the decision be hers every bit as much as yours—without coercion, pressure, alcohol or drugs.

What Should You Do

Let's say you meet someone who you'd like to have casual sex with. Talk, flirt, ask for her contact info, then go home and masturbate. Get in touch with her the next day.

Text. Meet for coffee. Do something together besides grope and make out. If she wants to have casual sex with you, make sure she's known you for at least a couple of days and has had time to think about it. This will hopefully reduce the chances she might have second thoughts afterward. And if she does, it will be more likely because you weren't satisfying in bed as opposed to her feeling she was pressured or coerced.

If you assume "She was letting me feel her breasts, so I figured it was okay to fuck her," imagine the fun you'll have explaining that one to a police officer or to a judge and jury. You can't justify bad behavior by saying, "Women aren't always clear" or "'No' just means you need to try harder!" It is now incumbent upon the man to make sure the woman wants to have sex without being pressured.

Why the Changes?

For too long, a woman who was assaulted and had the courage to file charges against the man who assaulted her was raped a second time by the legal system. She's the one who was put on trial. This is changing. The onus for consent is being placed more and more on the male. This is fair. Males usually don't have to worry about being sexually assaulted. That's a much better deal than women have had.

No Longer Hiding in The Shadows

Until recently, people thought of sexual assault as being committed a stranger who lurked in the shadows or pried a woman's bedroom window open. No one thought of it as something your date did after the two of you started making out, or at a party among friends. But as researchers interviewed more women, they started hearing accounts of men who would not stop in spite of a woman's protests.

Rules for When To Keep Your Zipper Up And When It's Okay to Pull It Down

An agreement to kiss is not an agreement to have intercourse. It never has been. Feeling each other up and discovering the woman's vagina is wet is not consent to put a penis in it. If a woman chooses to wear a short, sexy dress, it is not an invitation to reach underneath it or to take it off.

If you need to convince someone to have sex with you, then it's wrong. If they need to convince you to have sex with them, then it's wrong.

If a potential partner doesn't want sex as much as you do and isn't willing to say so, go home and masturbate. If the relationship is worth it, call or text the next day and talk things over.

Because someone gave you permission before doesn't mean you have permission now. Always ask. Having had sex with a person in the past is not a rain check for sex in the future.

Not being sure how far you want to go is normal. If a woman wants to get physical with you but isn't sure how far she wants to go, you must talk it over to find what she is comfortable with. In the eyes of the law, hesitation is the same as the person saying "NO!" If you proceed, you can be charged with rape.

If a potential partner who you've not had sex with before has been drinking or doing drugs, wait until the next day when she is sober and can legally consent before pursuing sex. Otherwise, you can be charged, even if she was the one who asked you to have sex.

There are men who are adept at engaging women in kissing or petting, and then assaulting them the same as "traditional" rapists who lurk in corners. Men like these can come from wealthy families who are on the social A-lists. They can be sports heroes, Boy Scouts, altar boys, and divinity students at a Bible

college.

To help prevent this kind of sexual assault, the courts have pushed the limits of what consent is into a somewhat artificial and at times awkward place. The onus of stopping sexplay now rests on the male the moment a woman says, “Stop!” or “Maybe I should go” or “This doesn’t feel right.” A woman may have agreed to have intercourse, but if she changes her mind after 200 thrusts, a man needs to pull out immediately and not after thrust number 210.

In a decision for the State of California Supreme Court called *People v. John Z*, a woman agreed to have intercourse, but at some point while having intercourse she indicated she might want to leave. She didn’t say “Stop” or “I don’t want to keep doing this.” The court found that she was raped because the man did not stop the moment she indicated a change of heart.

Making sure a woman can legally consent to sex is now the job of the male. Even if a woman bought the first two rounds of drinks or brought the pot and rolled the joints, she is not legally able to consent to sex if she has been drinking or doing drugs. This can be true even if she voluntarily went down on a man to help him get hard and put in the penis herself. It doesn’t matter if both of you were equally drunk or stoned. The mere fact that she was drinking can turn intercourse into sexual assault in some states, depending on the situation. Also, there are times when it is not legal to have sex with a woman if you are her boss, her teacher, her minister, her physician or her coach.

Don’t assume a woman is playing a game when she hesitates or says “No.” Anything less than an exuberant “Yes!” should be understood as no. Never, ever, try to win a woman over by pressuring her to have sex. The courts have made it clear this will not be tolerated. If a woman does not make it clear she wants sex, a man needs to assume that sex is neither desired nor legal. Prison is no place you want to be, and it’s become easier to find yourself there if you push sex on another person.

What About Dick Pics?

Never send unsolicited pictures of your dick or post pictures of you and another person having sex. These can result in your being arrested for sexual assault, stalking and multiple other crimes.

If You Know You Have a Communicable Disease

If you know you have a communicable disease and do not inform a new partner, you can be sued. Not only is it morally right to inform someone you are about to have sex with that you have a contagious condition such as herpes or HIV, but warning them will help you cover your legal bases.

Yes Means Yes

There are a number of new programs on college campuses that are designed to teach mutual consent in sex. “Yes Means Yes!” is one such program. It’s where a woman is supposed to suddenly feel comfortable proclaiming to a male “I want to have sex with you, and here’s exactly what I want us to do!”

This program is well intended. But for a reality check, it is being promoted by the same government that has spent more than \$2 billion to fund programs that teach young women to feel shame about their bodies and shame for wanting sex. The Department of Education now expects these same women to jump for joy and shout “YES!” to sex?

These are the same young women who were encouraged to take “purity pledges” in middle school and high school, and who men in Congress are still trying to tell what they can and can’t do with their bodies. These are the same young women who were called “sluts” and “hoes” if they admitted to wanting sex as much as males in middle school and high school, and they can still face dire consequences in some cultures for having premarital sex.

For a much more realistic take on “Yes Means Yes,” consider this by social psychologist Carol Tavris: “How do you know what you want until you start doing something you think you want and then don’t? Or do? People married for 40 years are often unable to say clearly what they want, or don’t want, and we expect 18-year-olds to know what they want?”

Until society no longer tolerates men pushing themselves on women for sex, programs like “Yes Means Yes” could result in even more young women getting drunk before having sex, so they can feel less conflicted about rattling off the new mantra of “Yes, I want to have sex with you, and here’s exactly what I want us to do!”

While “Yes means yes!” is something that needs to become a reality, we still have a long way to go with “No means no!” A woman should not have to repeatedly say “No!” to a person’s advances.

Answers to Questions from Inquiring Minds

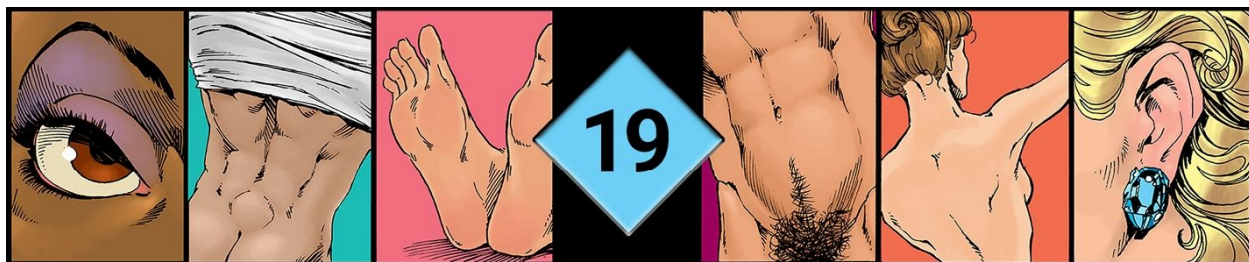
To Mark at the University of Georgia who feels he was misled: We've all been misled (or led on) at one time or another. Some of us have misled others. Even if it seemed like she wanted sex as much as you, the second she looked at her watch and said "Gotta go" you should have had your pants on faster than a tachyon through a crack in the cosmic egg.

To LouAnne at Texas Women's University who can't understand why consent laws apply to women as well as men: The two of you had been slamming down shots of tequila in his bedroom and his jeans were three sizes too small in all the right places. LouAnne, it wouldn't matter if he were buck naked and had a tassel on the end of his penis, when he said "No more" you needed to respect his wishes. Even if a partner has their tongue halfway down your throat, if they suddenly pull it out and wag it in a way that says "This is all you're gonna get," then you'd better stop. The same is true if the two of you have been married for ten years. A ring or wedding vow is not consent to rape.

To Randy, formerly at Fairleigh Dickinson University and currently residing in the New Jersey State Prison system: The two of you had been flirting for weeks. She invited you to a party. Both of you had been drinking when she threw her arms around you and said, "Let's go upstairs and have the sex we've always dreamed about." The following Monday, you found yourself arrested for rape. How could this be? "Informed consent" implies your partner was sober enough to make a rational decision when you had sex. If she was not sober when she put the moves on you, it is you who can be charged with a crime in some states. And even if the jury finds a man innocent, it would still cost him thousands of dollars to defend himself and the personal toll would be immense.

Why was this chapter addressed to straight males?

While consent can certainly be an issue for gays and lesbians, the vast majority of consent violations involve sex that's between men and women. While plenty of women have pressured men into having sex, when the subject is rape or coercion, we are usually talking about the behavior of straight males.



Zen of Finger Fucking

“Rubbing lightly is what I do when I masturbate, so I like it even more when my boyfriend does it. I love it when he runs his fingers along my inner lips, up and down. I also love my genitals to be rubbed and tickled when I wear jeans or corduroy. I can come from that kind of stimulation.” *female age 23*

Some men take the term “finger fucking” literally. They think a woman’s idea of a good time is having a man cram his fingers up her vagina. Or they attack a woman’s clitoris as if it were a doorbell button, believing that the harder they push the closer she will come to having the big “O.” The only “O” she is likely to experience is “OUCH!”

Finger fucking is not something a man does to a woman, but something he does with a woman. It’s all of him — his smile, kiss, laughter, strength, and tenderness focused in the ends of his fingers.

Hopefully you will find this chapter to be helpful, especially if you are able to leave your jackhammer behind and are willing to try things with your fingers you might not have tried before. But none of it will make a difference if your partner isn’t already turned-on before you reach between her legs, or to quote a reader *“There’s no point in approaching my vulva and clit unless I’m already aroused. Touching me there is not the way to arouse me.”*

As you will discover in reading this chapter, most of the work your fingers do will be on the outside of a woman’s genitals. Only a small part of it involves putting your finger or fingers inside of her vagina.

Please forgive the term “finger fucking.” It’s just an expression. The last thing you’ll want is for your fingers to be doing a bony imitation of a penis thrusting inside a woman’s vagina unless that’s what she wants you to do. If your fingers were supposed to do the job of a penis, white gooey stuff would squirt out of the tips when you rubbed your knuckles.

What This Is and Isn't

There are different kinds of finger fucking. One involves the hot-and-heavy groping that's an extension of making out. It's when a guy gets his hand between a woman's legs because she wants it there and because there's all kinds of passion and kissing and drooling going on. It's all about the moment. You don't need a chapter on that.

This is about how to please a woman with your fingertips. It's nothing you do in the dark or while you are stoned or drunk. It requires lights, looking and lots of feedback. If the stars are lined up just right and your phones are turned off and you and she are truly into each other, you might end up giving her incredible amounts of pleasure.



Altering Your Goals

Begin by banishing the usual guy-goal of giving a girl an orgasm. She'll have one if she has one; maybe you'll be the medium, maybe not. It could be she'll need to finish herself off with her own fingers or perhaps with her favorite vibrator. It doesn't really matter as long as you are able to set the stage and she takes over when the moment's right.

You'll be trying to help her walk along the edge of something intense and sweet. She might already do this when she's alone and masturbating, but it's not easy to achieve when the fingers are not her own. While an orgasm at the end of the rainbow is a worthy goal, sometimes goals can get in the way. You'll be way ahead if you stop trying to orchestrate an earth-shaking orgasm. That kind of attempt doesn't always achieve full bandwidth for a woman.

Clitoris vs. Vagina

Most of this chapter is about stimulating a woman's external genitals and specifically, her clitoris. It's the equivalent of teaching a woman how to stroke a man's penis, although you can show a partner what to do with a penis far more easily than you can with a clitoris.

Also, please watch our video on The Clitoris at www.Guide2Getting.com/videos. This 7-minute video has received praise from sex therapists and educators. It shows how different any two clitorises can look, and is loaded with lovemaking techniques.

The final part of this chapter is about stimulating the inside of a woman's vagina. There can be more to it than you might think.

Coaching, Patience & Practice

“I had to learn how to touch her clit... I can remember being clumsy about it early on. She'd have to stop me — I was going too fast, going too hard. I can remember her saying, 'You're in the wrong place.' 'Well, show me where. I mean physically, show me. Rub so I can see it. OK, now I understand.' Over time, I've learned where the places are. I can find them in the dark now. But early on I couldn't.... She would take my hand, or my finger, and she would put it right exactly where it was supposed to be, and she'd move it the way she wanted me to move it, and she would apply pressure to the back of my fingers, the amount of pressure she wanted, until I got the hang of it, and then she would take her hand away. If I got out of sync or something, she'd put her hand back and show me until I got it right. A few weeks later I might need some re-education, so she'd show me again.” —From *Sex: An Oral History*, by Harry Maurer, Viking.

You'll want to learn how to do your partner in the same way she does herself, assuming she does herself. Start by making an agreement with her that she will provide you with lots of coaching and patience, and you will provide an eager willingness to learn.

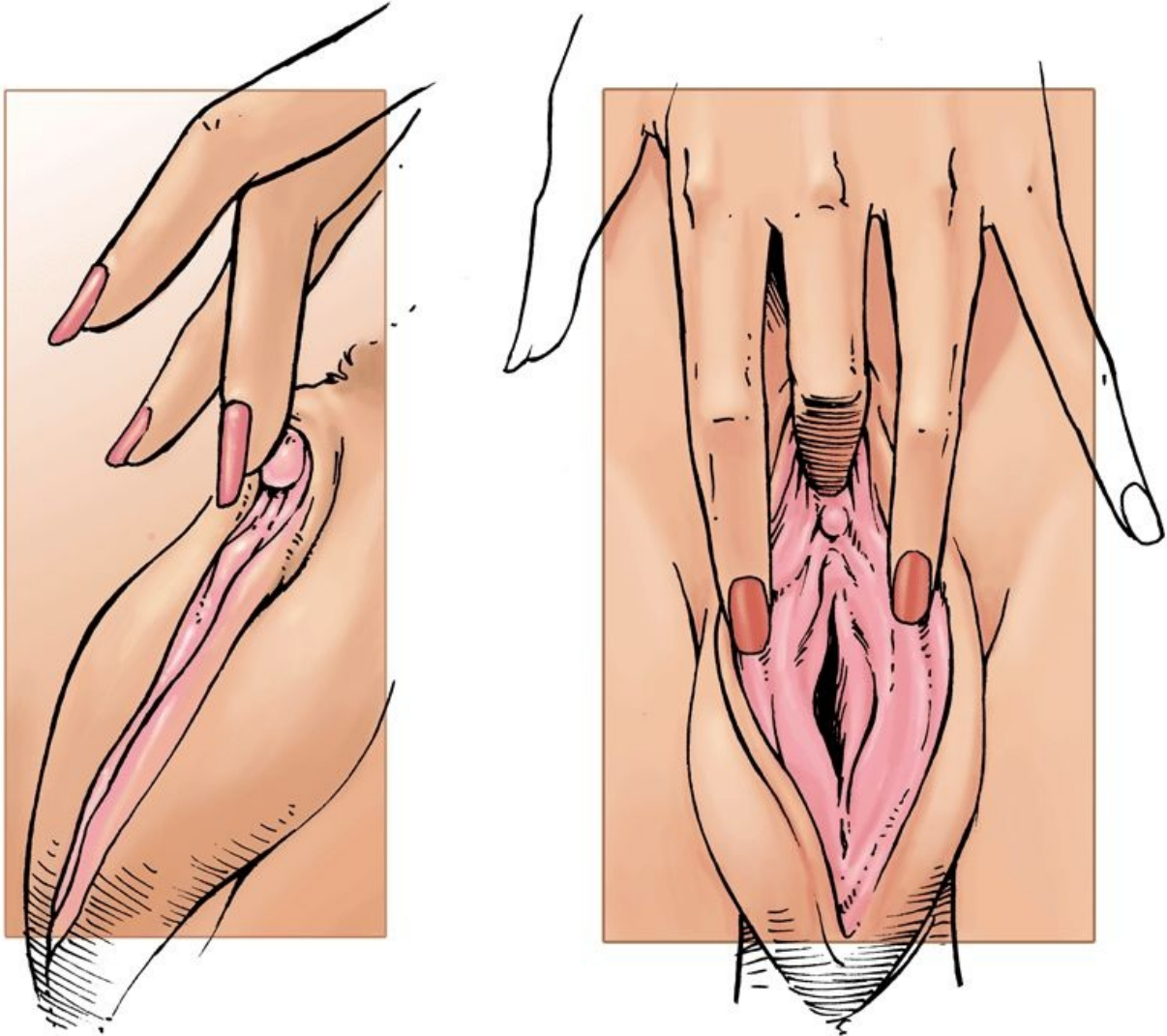
Take heart in knowing that hands that are used to throwing a baseball, torquing down engine bolts, or abusing a game controller can get frustrated when trying to finesse women's genitals. There's knowing when to speed up, slow down, stay your course or change direction, or push softer or harder. It requires patience and practice.

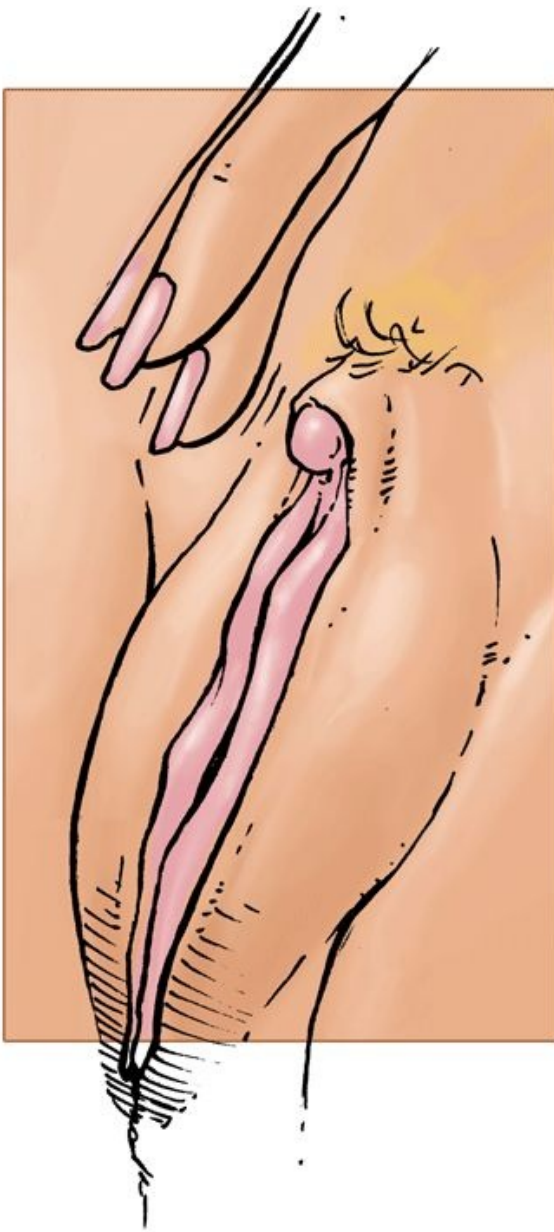
Penis vs. Clitoris — Course Correction

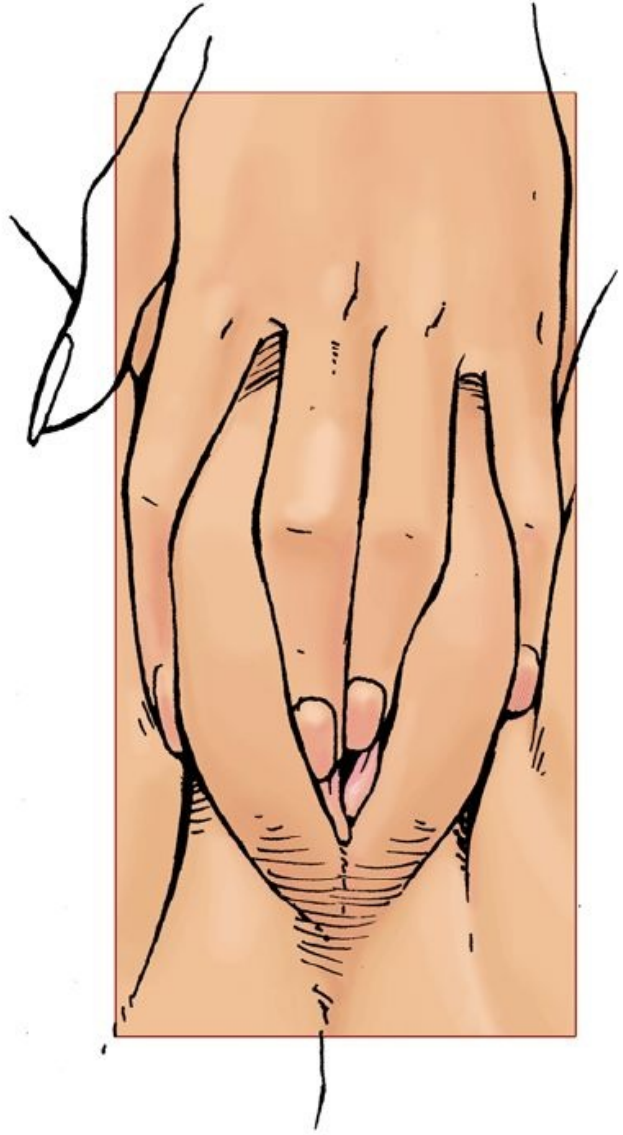
“I’ve seen a couple of guys masturbate. I can’t believe how rough they are with themselves!” *female age 26*

The reason this woman can’t believe how “rough” guys are with themselves is because she would never dream of touching her genitals in that way. Think of how you squeeze or wag your penis when you are finished peeing. Approach a clitoris with that kind of careless abandon, and you are likely to be a dead man. Also, you can start stroking a penis when it’s not aroused. But until a woman is aroused, touching her clitoris can hurt.

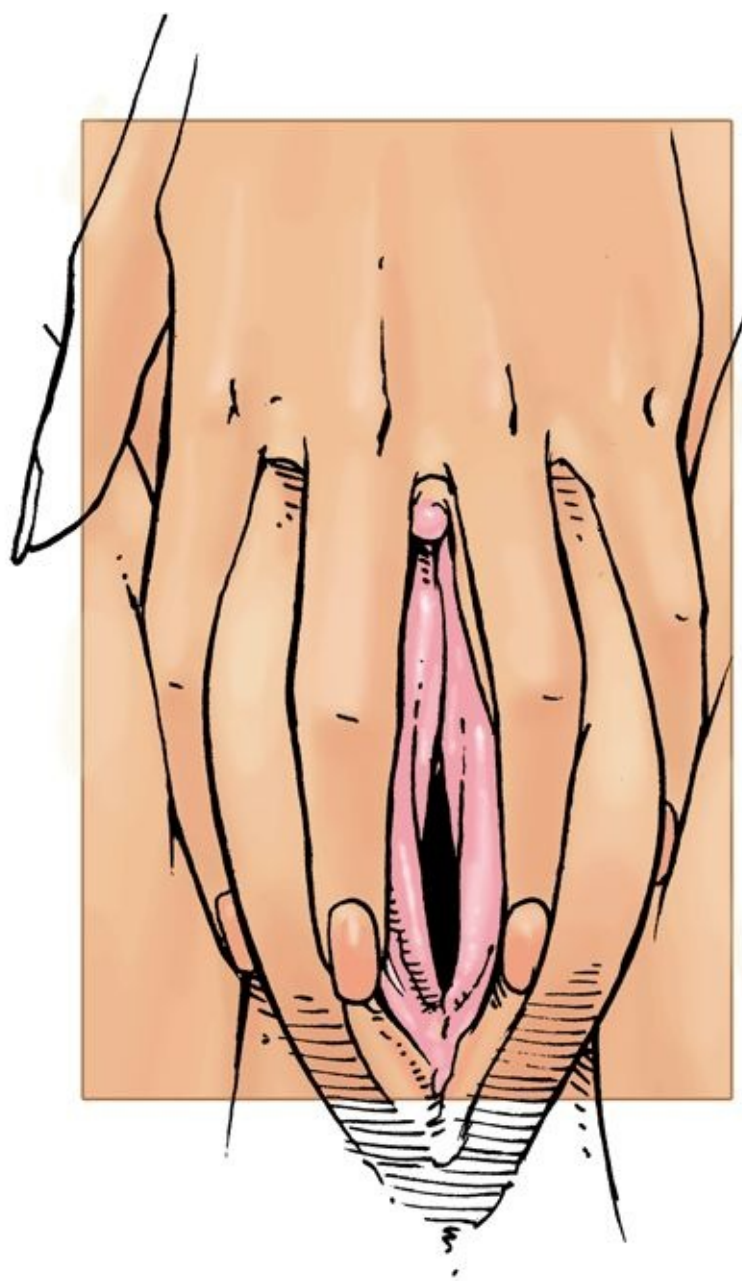
Nine Ways Women Stimulate Their Clitoris











Adapted with thanks from Sadie Allison's
Tickle Your Fancy — A Woman's Guide To Sexual Self-Pleasure

Showing Instead of Telling

“When women moan or gasp, it encourages me to press harder or faster on the clit. Always with poor results.” *male age 41*

Never assume that if a little pressure feels good, a lot of pressure will send her through the ceiling. This may happen, but not in the way you intended. Guys also reason that if slow feels good, fast will feel even better. If faster is what she wants, she needs to let you know.

When it comes to touching a woman’s clit, always err on the side of tenderness. Softer is usually better unless she tells you otherwise. Push just hard enough to move the skin back and forth over the shaft of the clitoris, assuming you can find the shaft of the clitoris. And don’t even get near the naked glans of the clitoris until you’ve paid your respects to a woman’s inner thighs, outer lips, inner lips and mons pubis. The tip or glans of the clitoris should be your last stop.

The tip of the clitoris is often more sensitive than any single part of the penis. You don’t want the rough skin of your fingers to rub across it. This is why you should gently push and pull on the clitoral hood and inner lips as a way of indirectly stimulating the clitoris until a woman lets you know she wants further engagement. It ultimately depends on how sensitive her clitoris is, and on how sexually aroused she is.

Why “Just Tell Me!” Doesn’t Always Work

A woman’s understanding of her own sexuality is sometimes on a body level and she may struggle when trying to put it into words. She might say “harder” when she means faster, or vice versa. Getting frustrated and saying “Just tell me!” does absolutely no good. She probably would if she could, but it’s like asking someone to tell you the meaning of life. She may be able to show you by putting her hands over yours and guiding your fingers. Or she might say, “Keep trying different ways—I’ll let you know when it feels right” or “Try it here.”

Mix-ups will happen. But it’s not like anybody is going to die or lose their job because you confused harder with faster. You have your hands between a woman’s legs. Be happy.

Learn How She Masturbates

“It’s not a dish of salted peanuts down there, don’t just grab and hope for the best. It’s very sensitive. Even the slightest movement can produce a reaction, good or bad.” *female age 45*

When a woman masturbates, she will often rest her wrist on her lower abdomen just above the pubic bone. Try to do the same, since it will influence the way your fingers feel on her genitals. Lie next to her and reach your arm over her body until your fingers are between her legs. Or try sitting like the couple in the illustration below.

To learn how some women masturbate, grab a romance novel and have a bowl of popcorn or chips close by. Read a few pages, rub a little clit, read a few pages, eat some chips...

Here are some tips women readers have suggested:

- Dry fingers on a dry clitoris do not make for the best of times.
- Does your partner puts something inside of her vagina when she masturbates? This can provide a feeling of fullness, which can help amplify the sensations. Other women prefer external stimulation only.
- Try to bring lubrication up from the bottom her vaginal opening, where the lips make a “U.” This is where a woman’s natural lube tends to initially pool. Drag the fluid up with your fingertips, or use saliva or lube. This assumes you have made an effort to help her become aroused.
- Ask if your partner uses extra lubrication when she masturbates, such as saliva, baby oil, *Vaseline*, *coconut oil*, or store bought lube. If she uses lube, have her show you how much to use.
- Some women direct the stimulation to just one spot. Others might stimulate themselves in a more global way when they are masturbating, tugging and pulling on the entire surface of their genitals.
- Find out if your partner has a favorite side Of her clitoris or labia that

she likes to stimulate. Be sure to follow her lead

■ Some women move their finger side-to-side across the clitoris, or up and down like when plucking a guitar. They will assume it's all very simple and have no idea why you don't get it.

■ Since the shaft of the clitoris runs through the mons pubis, some women push and pull on the mons or push into it and make a circular motion with it. This stimulates the neck and shaft of the clitoris.

■ A partner may want you to pull back the hood of her clitoris to more directly stimulate the glans or tip. This will allow for much higher levels of stimulation. Ask first and be sure she's sufficiently aroused.

■ A woman's pubic bone can be an excellent perch for a tired hand whose fingers are playing with the lips and folds below.

■ When men try to masturbate women, they will often use all fingers and no wrist. When a woman does herself she will sometime incorporate her wrist into the motion, with only one finger touching her genitals. This can be a subtle but significant detail, and it requires practice. (If you think your tongue wants to fall off during oral sex, wait until you try doing the wrist-clitoris thing for twenty minutes. There are reasons why women use vibrators.)

■ An excellent way to learn more about pleasing a partner is to rest your fingers over hers while she is masturbating. Then have her place her fingers on top of yours. She shouldn't hesitate to take a man's fingers and put them exactly on those parts of her body where she likes to be touched. Most men will appreciate the assist, and after about the 500th time, most will be able to do it just right.

■ Another advantage of having your arm resting across your partner's body is it allows you to feel how her body is responding. This is important, because as a woman becomes more aroused she may need you to stimulate her in a different way. Being able to read her body's signals will provide your cue.

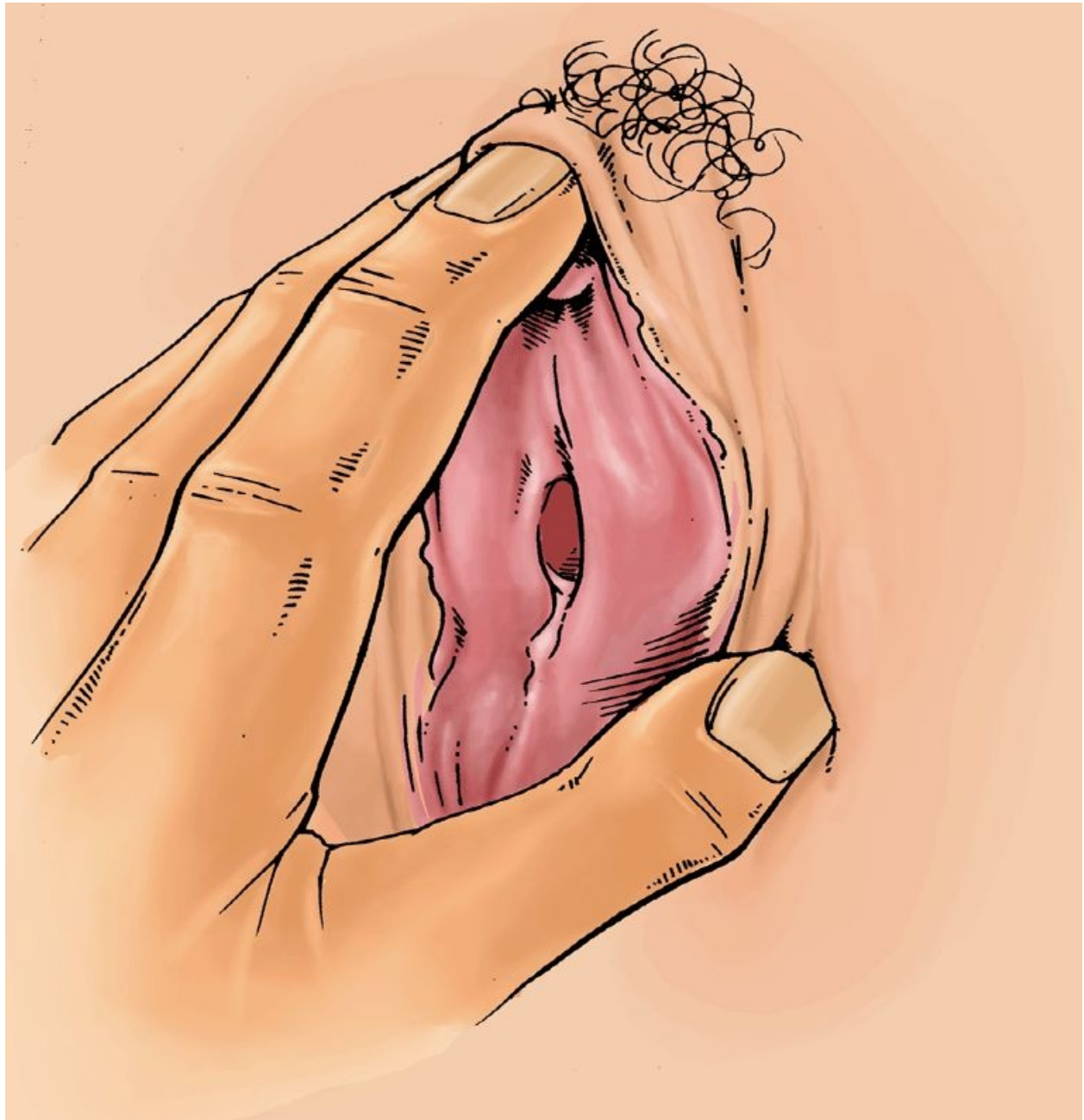
■ While lying next to your partner, rest your arm across her body with your fingers on her genitals. Separate her labia with your first and third fingers and stroke between her inner lips with your middle finger, bringing lubrication up from the bottom of her vaginal opening. Also, some women like to have their vulvas tapped with fingers, and some even like to be lightly slapped on the genitals. Ask first!

■ Try to achieve a steady tempo and rhythm with your fingers. That way, if she says “faster” or “slower,” you’ll have a point of reference to work from.

■ Place a well-lubricated hand between your partner’s legs with your fingertips resting below her genitals but not touching her anus. Pull your hand all the way up to her stomach, with your fingertips gently separating her labia with each stroke. Then do the same thing with your other hand, alternating strokes.

■ Some women like something in or on their anus. It’s not going to work if she forgets to tell you about the vibrating butt plug that she can’t get off without. But be careful about going from a woman’s rectum to her vagina without first washing your hands.

■ The perineum is the groin’s version of a demilitarized zone. It’s between the anus and vagina. Push against it with your fingertips and see what she says. (A woman’s perineum is much shorter than a man’s.)



Reaching under the hood for the glans of her clitoris.

- 1. She needs to feel very aroused first.*
- 2. Be sure there is a thick layer of lube between your finger and her clitoris.*
- 3. Make very light, gentle movements.*
- 4. Give each other lots of feedback, to find what spot feels best and how to move the finger tip over it.*

5. Relube or add water to keep surface slick.

The opening of her vagina may become round if her vulva is engorged enough.

This is a form of stimulation that might work for some women. For others, it will be too much or too little.

Fist or Thumb on the Lower Part of Her Vaginal Opening

To help create a sensation of groundedness in your lover's genitals, you might try pushing the thumb or palm of your other hand against the lower part of her vaginal opening or on her perineum. This helps some women to feel a sense of solidness or comfort.

Genital Massage

Giving a woman the kind of genital massage that is described in the next few pages differs from trying to “get her off by hand.” You will be sitting across from her instead of beside her. Rather than trying to imitate the way she masturbates, you will be helping her stay near peak levels of pleasure for several minutes or more before having an orgasm.

You can help your partner reach different levels of sensation as you change the length of your finger’s stroke by just a hair, or by changing the speed, or pressure. You may eventually be able to tell from the sensory feedback you are receiving in your finger exactly where to place it and the motions to use. And you will be able to see her genitals open up, puff up, brighten, contract and perhaps even pulse.



Whether you should roll the shaft of the clitoris depends on how long it is and if she wants you to.

Getting Started with Genital Massage

Your partner should be lying on her back. Sit between her legs, facing her, or to one side with one of her open legs across your lap. You'll need good access to her genitals with both hands, along with a good view so you can see the changes that are occurring as she becomes more aroused.

You might start by caressing her inner thighs to help her relax and to build excitement. The more relaxed a woman feels, the more sexually excited her body can become. This is a good time to start talking to each other, because you will need lots of feedback to learn where and how to touch. It won't work without a woman's input.



Clit Clocks—Finding Her Mark

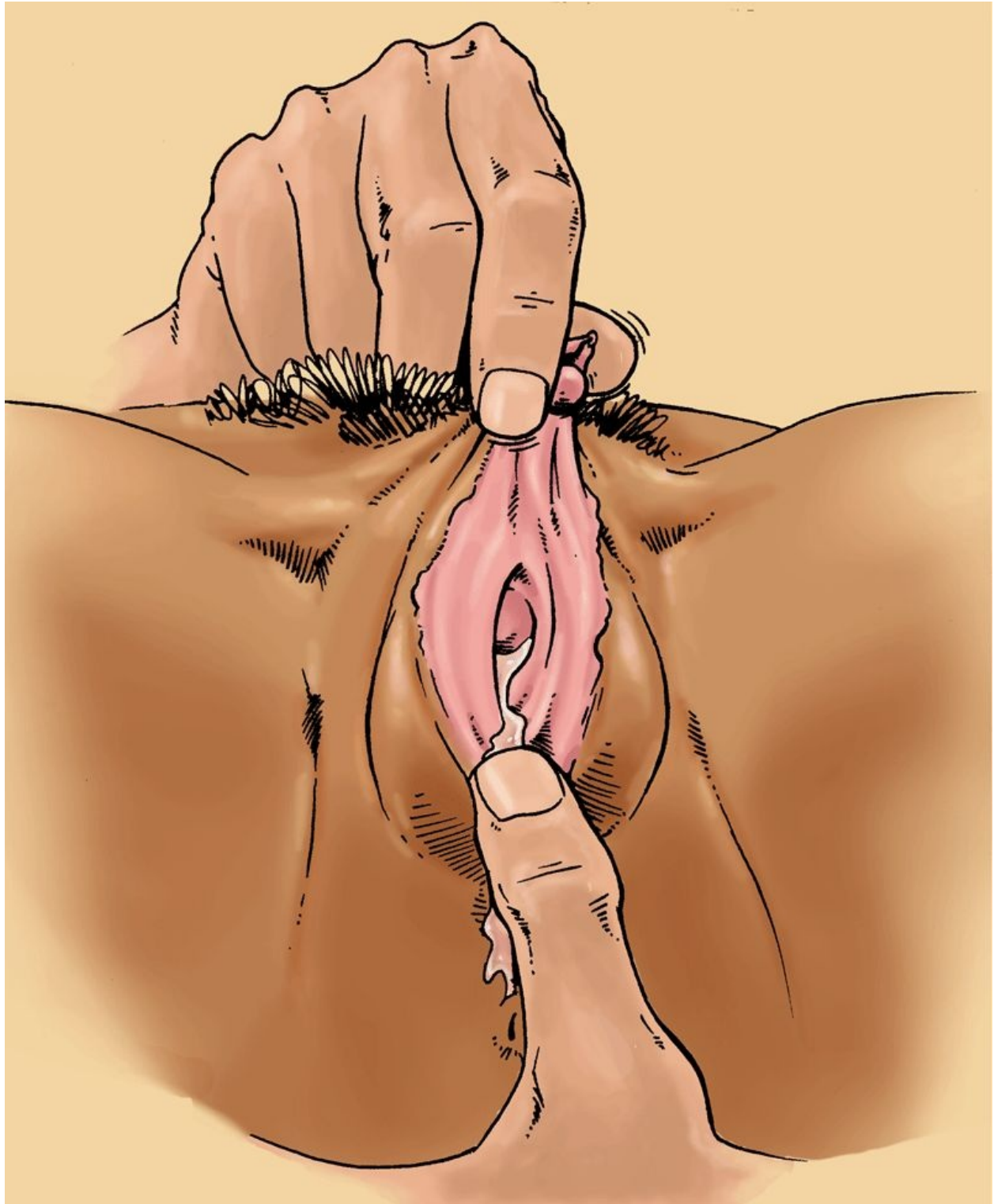
Imagine the old-fashioned type of clock that has a big hand, a little hand, and perhaps even a cuckoo bird at the top. Mentally superimpose the clock over the tip of her clitoris. This will give you a map for how to find any special spots that you will want to focus on in the future.

Also, look at how the inner lips are sitting, their color, and observe the opening of her vagina. The landscape of her genitals will be changing as you find the right spots to massage. Visual cues will be helpful and kind of amazing. People think nothing of a penis swelling when it is aroused, but we seldom think of a woman's genitals as changing. If she's okay with it, you might snap before and after pictures with your phone so she can see the changes.

Next, put a glob of lube on the tip of your index finger. Depending on her anatomy, you might pull the hood of her clit back with the fingers of your other hand or push into the space between the hood and the tip of her clitoris. The clit-massaging aficionados from "The Welcomed Consensus" who are referenced at the end of the chapter still recommend using old-fashioned KY in the tube, and/or Vaseline on the clit itself. They haven't found anything better for direct clit massage.

Gently circle the glans of your partner's clitoris with the lube. Ask her to tell you what it feels like, and if she wants you to push harder or more lightly. Make sure you notice what her clitoris feels like on your fingertip and how it responds when you touch it. Does it make her anus contract? Observe as much as you can.

You might start by using a linear motion, as if you are flicking a tiny light switch on and off. If you find any spots that she says feel good, experiment with the pressure and the length of the "on-off" motion.



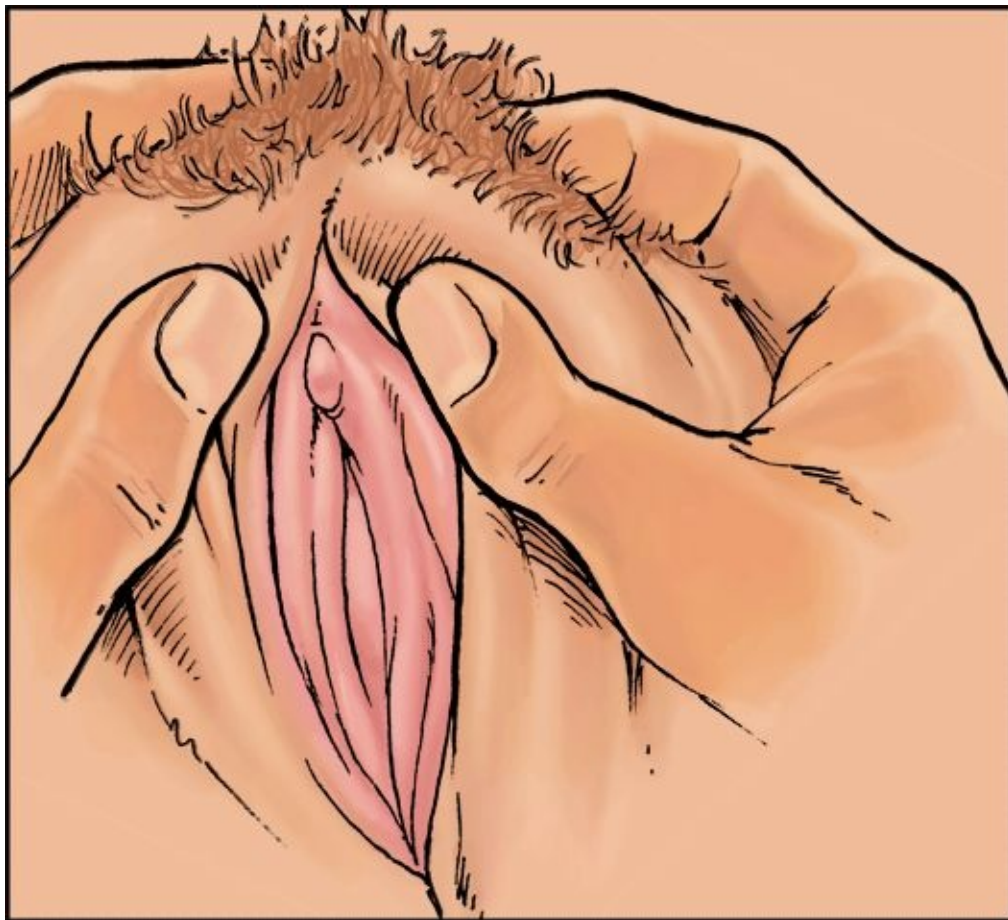
Clitoris stimulation by the hand above while the hand below puts pressure on the lower part of the vaginal opening and the perineum. Thumb pressure from below might help amplify the sensations, or you might try using your entire hand against her perineum area at the same time that you are massaging her clitoris.

Anticipation vs. Dread

If it stops being fun for the two of you or if she starts to feel uncomfortable or overwhelmed, stop! If you go beyond what feels good, her body will tense up the next time you do this, and that's what you don't want to have happen. Anticipation can work for you, or it can work against you.

Massaging the Mons

The mons pubis is the fleshy mound above where the lips begin to open. It has hair on it if a woman doesn't shave. It's easy to ignore the mons and head straight for the clitoris, yet some women masturbate by putting fingertip pressure on the mons and making a circular or back-and-forth motion with it. She enjoy it if you knead the mons or tap on it with your fingertips. Or you can try pushing the palm of your hand against the mons and make a circular motion with it. If you are trying to amplify sensation, you might pull up on the mons with one hand while gently tugging on the inner lips with the fingers of the other.



The Lip Part of Erotic Massage

To massage the outer lips, clasp each lip with a lubricated thumb and forefinger. Then run your fingers from the lower to upper, as though you were tracing one side of a parenthesis.

For the inner lips, try gently tugging them. They connected to the bottom of the clitoris. Or hold a lubricated inner lip between your thumb and forefinger. While squeezing just a little, pull your fingers straight away from the woman's body. Your fingers will end up in the air, as though you had pulled them off the edge of a sheet of paper.



Dry Humping Variations

There's no reason why a woman shouldn't lube up a favorite part of her lover's body and rub against it with her vulva. Some women like to do this on a man's back, thigh or hip.

Some women enjoy using the head of a sweetheart's penis for masturbating. This can be invigorating for both partners. There's also a form of dry humping where the woman presses the lips of her vulva over the penis like a bun over a hot dog. She then moves her hips up and down, rubbing her clitoris along the shaft of the penis. The penis never goes inside of her vagina as it would if this were intercourse. This was invented by Eve after she discovered that having intercourse with Adam resulted in unwanted pregnancies.

Even though a penis is not going inside of a vagina, sexually transmitted infections can be passed on this way and pregnancy is a possibility if the guy ejaculates. So he should wear a condom if these are concerns. If getting pregnant or sex germs aren't a problem, some women like to use a man's precum and sometimes his ejaculate as a lubricant to masturbate with. Some add saliva or their body's own lube.

The Extra-Sensitive Clit

Some women have a clitoris that is super-sensitive to touch. This kind of clitoris is not particularly forgiving. Even the most sensitive of lovers would feel challenged by it. Make sure the woman is highly aroused before your fingers go near her clit, and be mindful of how quickly it can go from being sensitive to totally numbing out. Try to become a master of indirect stimulation. It might be better if you caress her over her jeans or underwear than when she's naked. Some women masturbate with their fingers over their underwear rather than inside. Also, see how a glob of thick lube is used in this illustration.

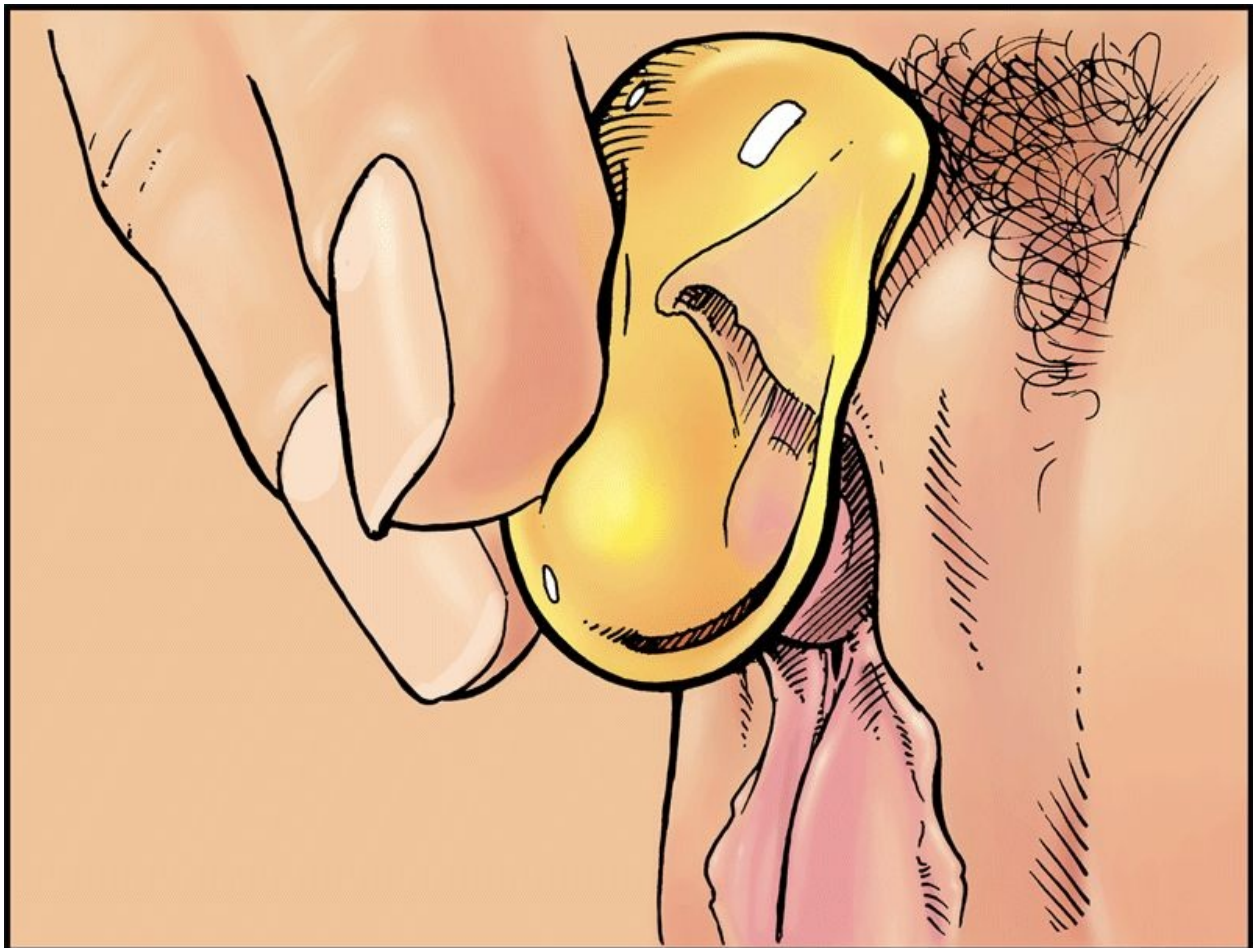
Fingers inside Her Vagina

Now we get to placing your fingers inside of your partner's vagina. In matters of love and sex, it never hurts for a man's fingers to have a sense of humor. Fingertips that tease and dance will find an especially warm welcome. Gently running your fingertips up and down a woman's inner thigh is a million times more enticing than shoving a finger up her vagina. If and when she's ready to have your fingers inside of her, she will let you know. Even then it's sometimes wise to tease and play some more.

Fingernails: Weapons of Mass Destruction

Before fingering your partner's vagina, cut your fingernails and finish up with a nail file to catch rough edges. Pry out any grease or dark gunk that's under your fingernails. If your hands are rough, put hand lotion on them every day.

You might consider wearing latex gloves. The smooth latex surface sometimes can feel nice for the woman and helps keep your fingers from stinging when they marinate in vaginal fluids, which are fairly acidic. Try putting a dab of water-based lube inside each fingertip of the glove. See if it makes any difference for you or her.



Never fear trying a glob of thick lube like original KY on the tip of the clitoris. This can be a good

way to approach a clitoris that is hypersensitive. [Inspired by the “Illustrated Guide To Extended Massive Orgasm” by the Bodanskys.]



Some women enjoy being touched from behind.

Exploring a Lover's Vagina

Don't assume a woman will want you to thrust your finger in and out like a penis. When it comes to sexual stimulation, fingers and penises are two very different tools and should be used differently. And don't surprise a partner's vagina by suddenly shoving a finger into it. Ease it in slowly and in stages, one joint at a time, and only after your partner has reached a level of arousal where she's spreading her legs and arching her hips.

If you are trying to find the most effective ways of stimulating her vagina, start at the rim or opening of the vagina. Put pressure on each part of the tissue around the opening with your fingertip, moving just a little each time and eventually making a complete circle. Ask your partner to give you feedback about any spots that she might want you to revisit. Then move your finger a bit deeper inside and do the same thing over again. Keep repeating this until you have done her entire vagina.

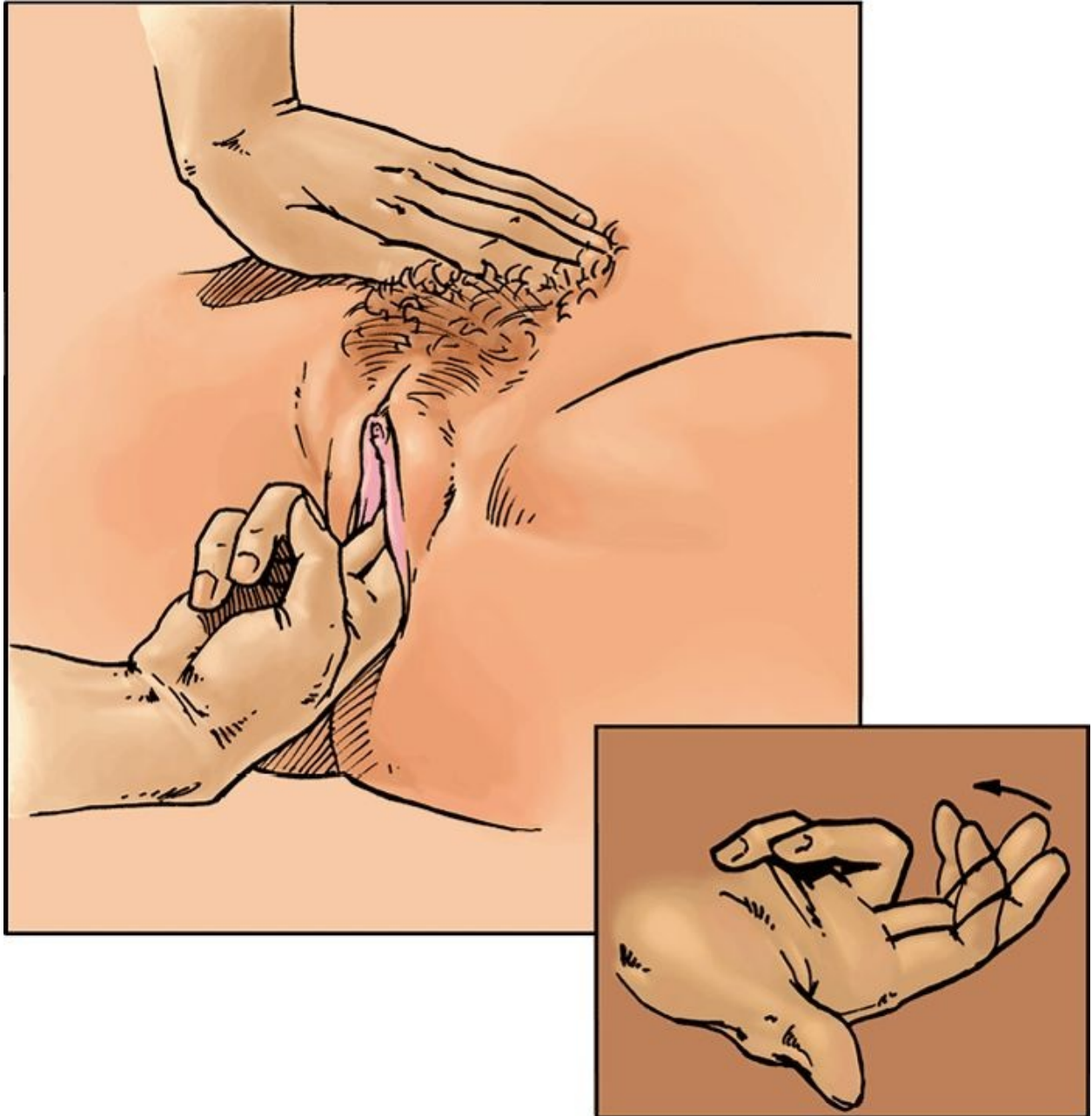
Be thorough about exploring the first third of a vagina, because that's a part that can be most sensitive to touch. Pay special attention to the roof of her vagina between 9:00 and 3:00. A number of women report pleasurable responses in this area. If your partner has not reached menopause, there will be tiny folds or ridges on the roof of her vagina that make it seem corrugated. These are called the vaginal rugae. They help the vagina to expand during intercourse and childbirth.

If your partner wants you to stimulate the roof of her vagina, you might try jiggling your hand or pulling it upward. When pulling your hand upward, your finger will act like a hook. The part from your fingertip to your first knuckle will be inside her vagina, with your inner knuckle and hand pulling up against her clitoris on the outside. Or your partner might want you to make a come here motion with your fingertip against the roof of her vagina, like in this illustration.

If you give each other lots of feedback, you will discover what does and doesn't work. But don't assume that what worked for a former partner will be well-received by your current lover.

If you have been stimulating her clitoris with good results and her genitals are puffed up, you might want to keep caressing her clitoris with one finger

while placing a finger from your other hand in her vagina. Stimulating her clitoris and vagina may feel good for some women, but will be too much or distracting for others.



This is a common way to stimulate the G-spot area. It's best to wait until the woman is highly aroused before putting your fingers in her vagina. Some women prefer you to stimulate the G-spot area along the roof of the vagina; some prefer a fingertip at 11:00 or 1:00. Some women enjoy G-

spot area massage, others find it to be unproductive or uncomfortable.

Outer Lip and Groin Massage

Pressing your fingers into the groin below a woman's large lips can feel very pleasing to some women. You are not only massaging the outer lips or labia, but you could be stimulating parts of your partner's sexual anatomy that are buried far beneath her labia. Push in with your fingertips; let her feedback be your guide.

Deeper Inside: The Cervix and Vaginal Tenting

A woman's cervix can usually be found in the upper rear part of her vagina. It's easily felt if she is on all fours or brings her legs to her chest. The cervix feels like a small dome of tissue that you can run your finger around. It may also have a small cleft in the middle, like your chin. Some women enjoy it if you carefully stimulate the area surrounding the cervix. Cervical sensitivity can vary with a woman's menstrual cycle; massaging it may release some blood if she is close to her period.

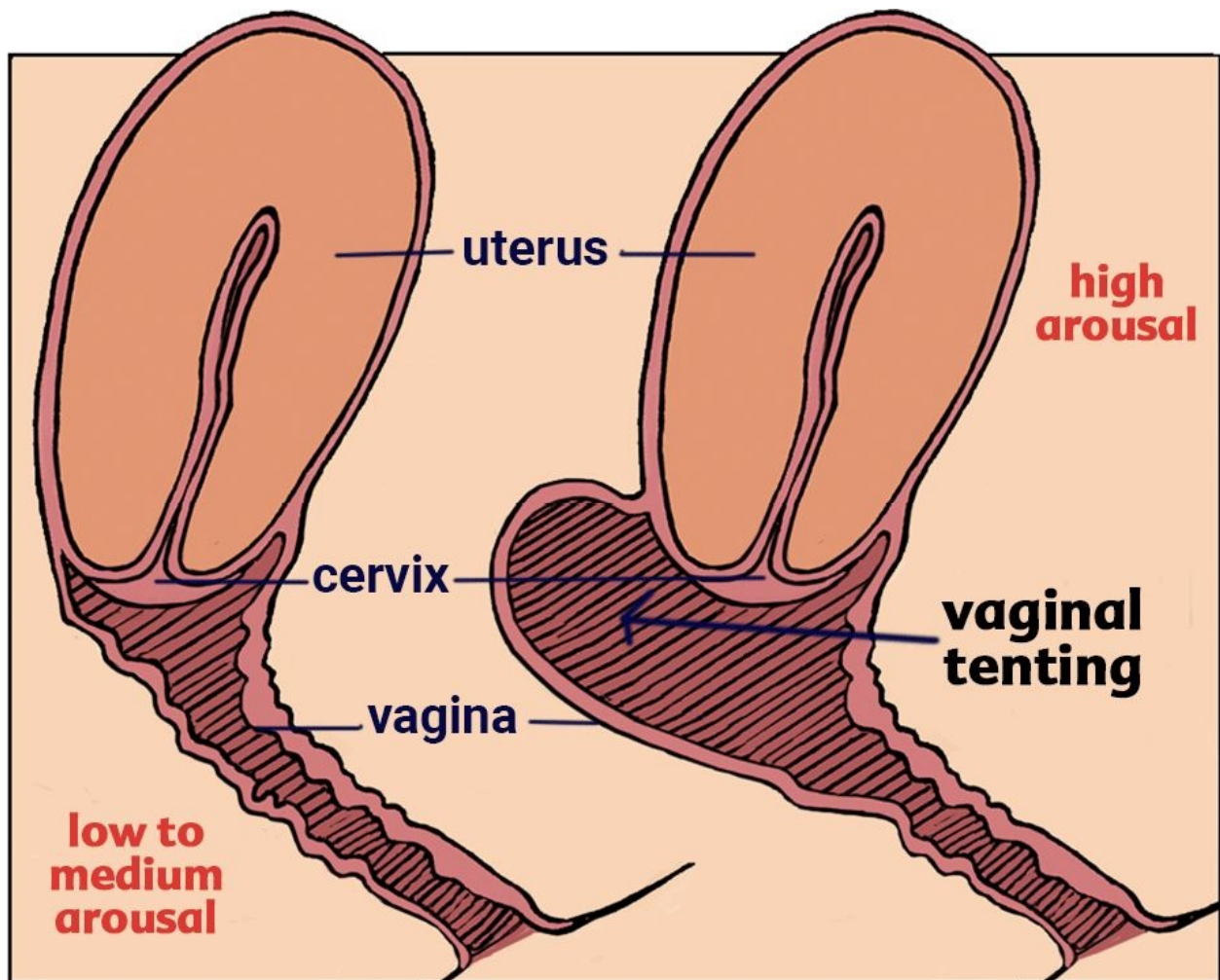
When a woman is highly aroused, the back part of her vagina that surrounds her cervix can begin to balloon or tent. When the back of a woman's vagina is tenting, you can feel open space with your fingers. When your finger or fingers are in the deepest part of a partner's vagina, she might be able to feel a dull but enjoyable sensitivity. This part of the vagina is more sensitive to pressure than touch.



A partner might also enjoy it if you place your free hand over the lower part of her abdomen while you are exploring inside her vagina with the fingers from your other hand. Experiment by applying different kinds of pressure on her abdomen with your top hand.

Using Two Fingers Instead of One or Three

In reviewing lesbian porn movies, author Jay Wiseman noticed that when lesbian performers put their fingers in a partner's vagina, they almost always use two fingers—not one or three. Wiseman asked a number of women about this, and most replied that two fingers simply feel better. This will also depend upon a woman's level of arousal, the size of her partner's hand, and sometimes upon her body's menstrual status.



Winding Down

“The first time I felt a woman’s vagina was with my first love. We were taking things very slowly, and when I would ask if I could go down her pants, the answer was no. I respected her wishes and we always did something else, usually making out. One day she finally told me I could proceed below the waistline. It was warm and wet and very soft. The wetness of her vagina was the most exciting feeling I’d ever had.” *male age*

25

For some men, putting their fingers between a woman’s legs is a moment of magic. There’s the woman’s warmth, the feel of her wetness, and the way her body sometimes tenses and squirms.



The Prince is fingering a very happy Snow White while the Dwarfs are away in the forest.

While you are considering new ways to pleasure your partner's genitals, keep in mind there are other parts of a woman's body where touch produces intense sensation. One reader reports his lover has an area on the small of her back that is so erotically charged her knees nearly buckle when he caresses it. He once nearly caused her to orgasm in the middle of a busy hardware store by caressing this part of her back.

The fingers of another reader are so sensitive to touch that getting a manicure feels like a sexual experience. And sometimes, sensation happens purely by accident, like when you have been stroking the more sensitive parts of her body,

playfully caressing her thighs or tugging on her inner lips, and suddenly, an orgasm just sneaks up on her.

It never hurts to experiment with new ways to touch your partner, both with your fingers and with your heart.

Hand Held Shower Head: While not exactly finger fucking, you can't beat the hand held shower head for fun. If you don't have one of these, consider getting one. It shouldn't take more than fifteen minutes to install, unless your plumbing is really rusty. Hop in the shower and try out the various settings. When you hold the shower head point-blank against the skin, it causes the water to bubble somewhat like the jet on a hot tub. Don't point a focused jet of water directly into a vagina, as it might force air inside the body, which can be dangerous. Different brands of shower heads create different kinds of spray. Some perfect, others not. Some men enjoy the feeling of the spray against the side of the scrotum, but with the pressure on low or medium.



Jets in the Hot Tub: If you haven't tried the jets of a hot tub for genital stimulation, what are you waiting for? Also, you might check with your hot-tub repair person about fitting an extension hose on one of the massage jets so you can direct the flow precisely where you want without having to sit in an uncomfortable position. Tell him it is for your grandfather's hydrotherapy.

Waterproof Vibrators: There are waterproof vibrators. These have only one conceivable purpose. Enjoy using them!

Reader's Advice on Playing with Their Genitals

"I would first tell him to approach slowly. Having someone just dive straight towards where they think my clitoris is becomes overwhelming. I like to be teased, I like a slow and sensual working up to where they think my clitoris is. If they are totally in the wrong area (just because it's hard doesn't mean it's my clit!) I have no qualms about giving directions." *female age 22*

"Wait until I'm really turned on and I'm practically shoving your hand down my pants. Then, gently play around and see what I respond to. Once you've found my spot, start out slowly with only a little pressure. Don't focus exclusively on the spot, because that gets annoying, and it makes me less sensitive. As I get more turned on (which you can tell through body language like hip thrusting and my vocalizations), increase the speed but not the pressure." *female age 22*

"Always get your fingers wet before touching where there isn't thick hair. Never, ever touch my clit dry. It hurts! Go ahead and play with my pubic hair. I keep it trimmed, but it means that every time you brush it, it sends a ripple of sensation through me. When I start arching up towards you, slip your finger just inside my outer lips and press gently, with a little circling motion. If I spread my legs more, please touch me! You should probably re-wet your fingers, either at my vagina (if I'm wet enough), or with some lube, or with your own saliva. I love being teased. Run your fingers along the edge of the inner lips, with just a little pressure. When I start moving against your fingers, caress my clit. Just

barely touch me, that feels best. That finger has to be very, very wet. In a very short while I'll be calling your name and God's!" *female age 20*

"The key word is GENTLE. At least in the beginning. Caress the pubic hair, then you could slightly penetrate with a finger near the vaginal opening. Gently move your hand forward till you find the clitoris. Never directly stimulate the clitoris, it's way too sensitive. Instead, position your finger(s) on top of the hood and gently manipulate it side to side. Be sure no matter what you are doing that there is plenty of lubrication, either from my natural supply or from a bottle." *female age 35*

"Before you even think about coming near me with your fingers, please make sure that they are smooth. Long nails aren't fun, neither are sandpaper hands. I know that many men are very rough with their own members, but I do not need that. You'd be surprised what the lightest touch can accomplish. There is no need to "grind" your fingers into me. And please, when you find a pace that has me moaning, don't decide to switch to a different pace. That gets annoying." *female age 20*

Reader's Advice on Fingers in Their Vaginas

"I like a finger in there, but please, don't dig for China." *female age 48*

"I like it if he inserts one finger until the opening relaxes, then adds a second finger. When I begin to breathe faster, he should start flexing his fingers." *female age 32*

"When I am sufficiently wet, I enjoy two fingers. I like it when he puts them in gradually and 'fucks' me with them gently. But no fingernails and no rushing!" *female age 35*

"Start with one finger, then go up from there. To find the G-spot, put your thumb over my clitoris, then insert your first finger into my vagina and feel for the rough spot on the upper wall. Rub this spot!!!" *female age 26*

"I don't necessarily care for fingers in my vagina. I'd rather have a penis in there." *female age 43*

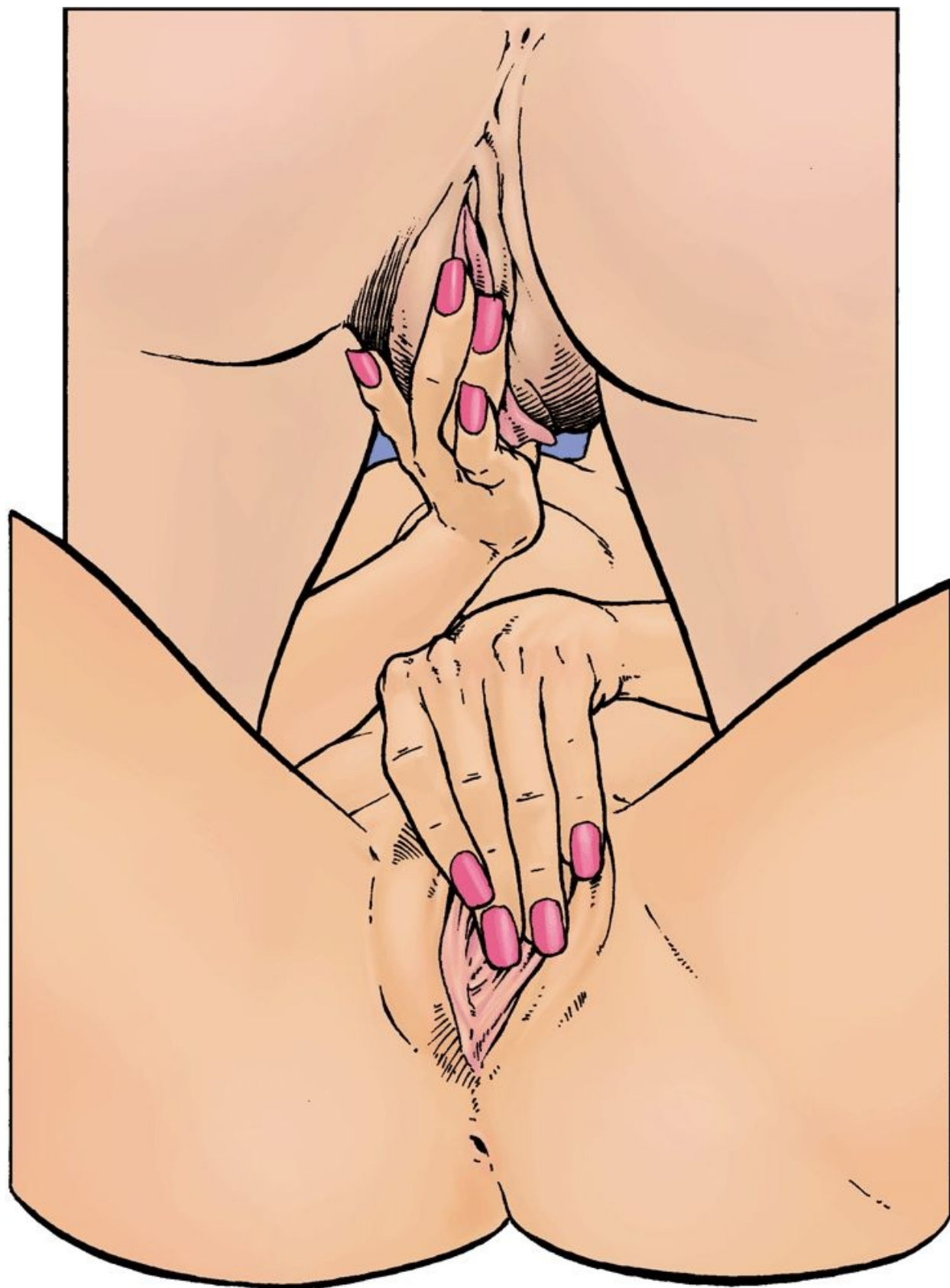
"I like him to rub the entrance of my vagina in a circular fashion, but I

don't like a finger all of the way inside." *female age 30*

"I like to wait until I can't stand it and beg him to put his fingers inside of me." *female age 25*

A College Sex Educator's Advice about the Clitoris

“When talking to guys about sensitivity in the clitoris, I compare it to the head of the penis right after ejaculation. The head can become so super sensitive that you don’t want any direct contact. You can keep stroking the shaft but stay away from the head. That’s how it can be for a woman’s clitoris when you first touch it.”



A reader said it wasn't until she'd had sex with women that she began to appreciate how different any two women's bodies can be, and what a steep learning curve this must be for men.

Resources for Finger Fucking Skills Enhancement:

Be sure to see our video on The Clitoris at Guide2Getting.com/videos.

Learn everything you can from: OMGYes.com, PleasureMechanics.com, EroticMassage.com and Welcomed.com. (Sorry, but we can't make these links live because the massively huge companies who sell this ebook might consider these sites to be porn and will cop an attitude with us, even though plenty of the people who work for those companies watch plenty of porn. Too bad men and women don't spend more time on these incredibly helpful websites than on Pornhub!)

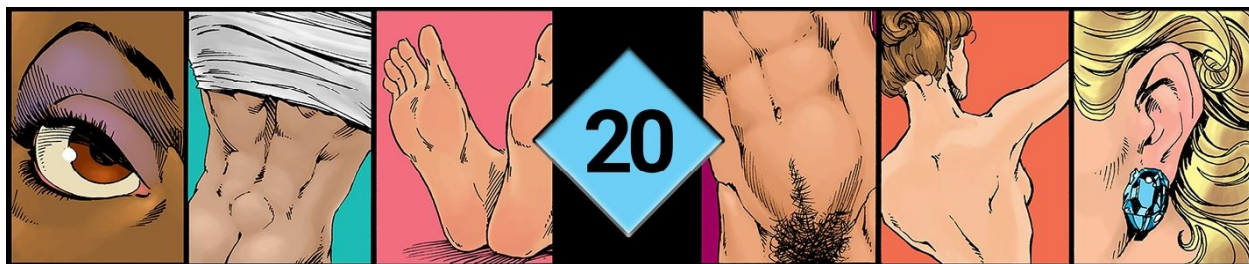
■ OMGYes.com is a website that's done research on specific ways that women like to receive sexual pleasure. They have created great looking videos that show you how different women get off. A membership costs way less than what a lot of you spend on weed or beer, with far greater dividends.

■ Check out the Pleasure Mechanics very helpful video: *Guide To Fingering: How to Touch a Woman for Fabulous Foreplay & Powerful Orgasms*. At The Pleasure Mechanics: PleasureMechanics.com.

■ There's an array of erotic massage videos at the New School of Erotic Touch: EroticMassage.com. This site is dedicated to different ways of stimulating and massaging people's genitals and rear ends.

■ Welcomed.com a finger-fucking resource that I found both fascinating and strange. A female reviewer I asked to look it over hated it. This has been created by a pod of mostly humorless persons, consisting of five or six women and one man. Even their name is a bit unusual: "The Welcomed Consensus." They have devoted years to learning how to stimulate the clitoris, seemingly with the one man's finger, which is getting very old by now. (Nothing like ET's finger, but still...) In the first of their *Deliberate Orgasm Collection*, the members appear to be wearing uniforms from the original Star Trek series. The fourth video has the stiffest, slowest, and perhaps most awkward introduction of any how-to video in history. And if a bikini shaver ever got close to these women's abundant mountains of au

natural crotch hair, its bearings would seize in horror. When one of the women said, “Can you move your finger up just a hair?” the possibilities boggled the mind. What I found fascinating at the Welcomed.com was purely anatomical—how these women’s genitals changed with arousal, and how they pulsed for twenty minutes at a time. This was highly instructive.



Handjobs — Different Strokes For Different Blokes

Women often ask, “Why should I give him a handjob? I can’t possibly compete with the hand that knows him SO well. Besides, he can give himself a handjob any time he wants.”

After reading hundreds of men’s sex survey responses about masturbating vs. receiving a handjob from a lover, the vast majority of men—more than 90%, would rather receive a handjob from a lover.

Think about it: Who is he fantasizing about when he’s jerking off? It’s you! And that’s just giving him a garden-variety handjob. There are extreme handjobs that can turn his entire body into a giant sex receptor.

What You Bring To It

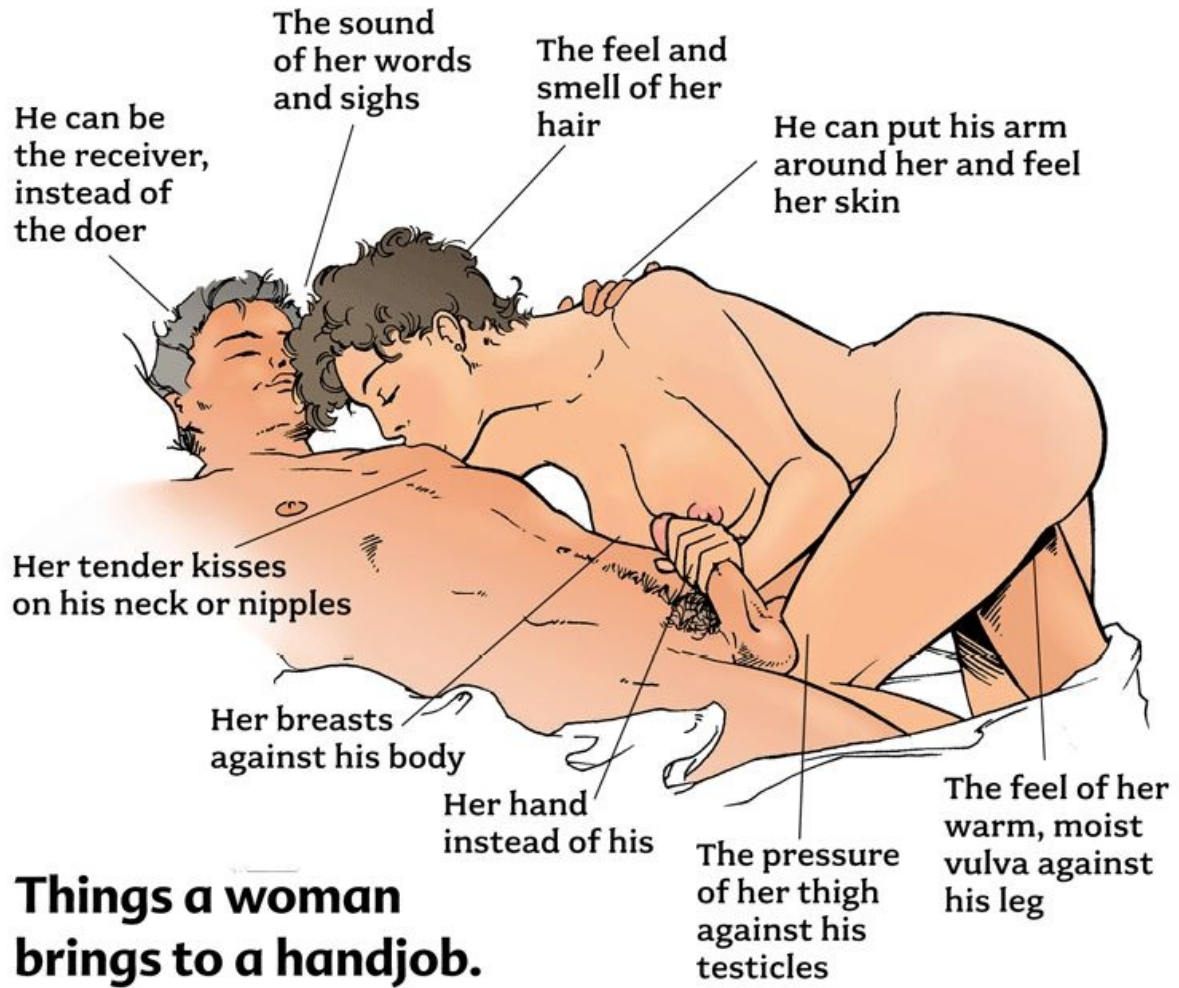
It might help to explain two of the main reasons why guys masturbate. There can be lots of other reasons, these are just two.

One reason is for fun time when he's alone. It's like playing a video game, with the controller being in his pants and the display in his mind, or on his phone when he's watching porn. Some women get upset when they discover their partner does this; they view it as rejection. That's unfortunate, because people usually masturbate throughout life, whether they are in a relationship or not.

Another reason why a guy might masturbate has to do with longing for the presence and touch of a partner. He imagines a woman he loves is there and it helps him feel less alone. This is the kind of jerking off that helps a lot of guys keep their sanity until they find a partner. It's a form of sexual life support. It can also provide a sense of intimacy when he does have a partner but intercourse isn't on the agenda for the day.

Depending on the mood and the situation, your handjob might be casual and fun, like the way he does himself when it's a form of sport, or it might be to supply comfort and intimacy. Either way, it's all good.

Although your hand may be doing the same thing that his hand has done thousands of times before, it's your presence that makes your handjob superior. So try putting more into it than just moving the muscles in your arm. Make it a fun and intimate act. Take control. Cuddle close to him. Give him tender kisses on the neck or nipples. Your handjobs can be more emotionally comforting than you might know. They are an opportunity for intimacy and closeness that a lot of women underestimate. And you don't have to worry about STIs, getting pregnant or needing to swallow. What's not to like?



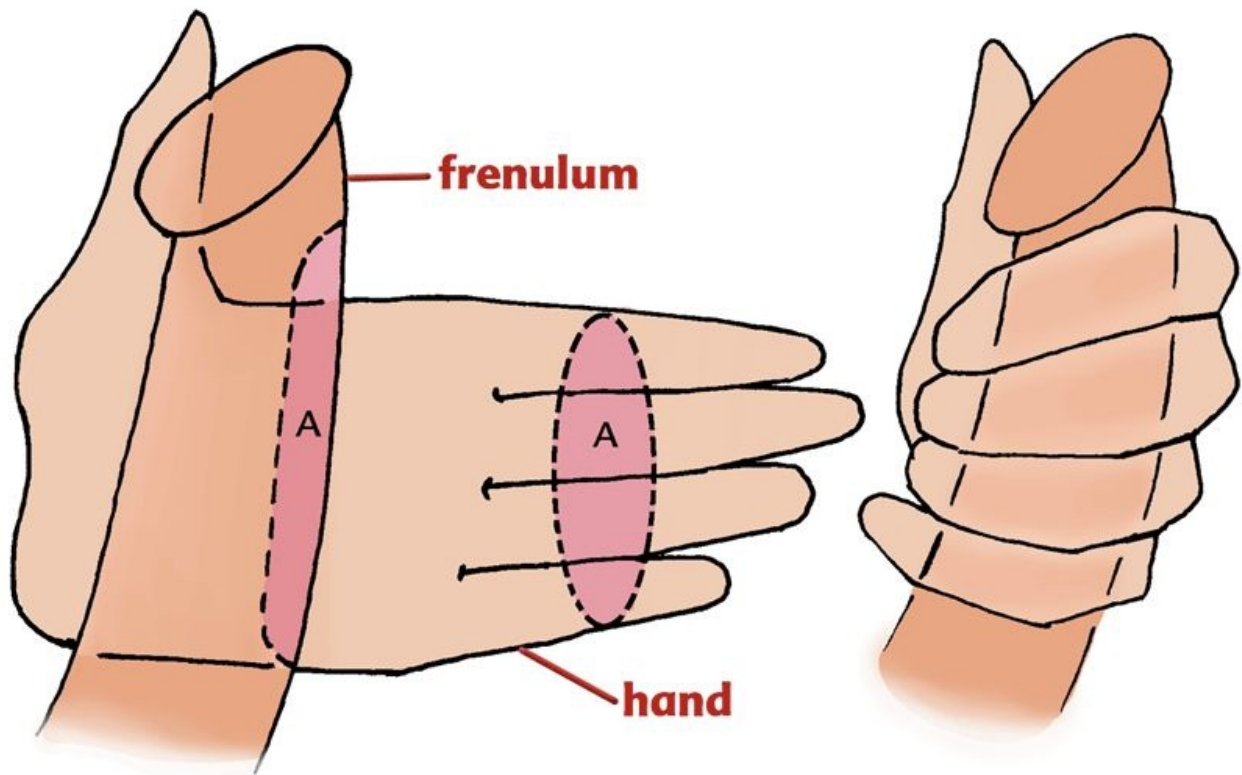
Hand Placement

With handjobs, hand position is everything. The way to learn the position that works best for your partner is to lie parallel to him and reach across his body. This will provide you with the same approach to his penis that he uses himself. Ask him to form your fingers around his penis in the same way he does when he's alone and thinking about you.

He probably positions his fingers to stimulate the most sensitive area of the penis called the frenulum. It's just below the head on the side of the penis that's away from the man's body when he has an erection.

Do not wrap your hand around the base of the penis. You might as well be stroking his ankle. Wrap your hand around the penis so your thumb goes over the top part, and your fingers wrap around the front that faces away from his body when he has an erection. Your fingers should be in the same position as if they were holding a cup of tea. That's how we guys learn to masturbate, by drinking tea.

Guys usually position their hand so the crook of their fingers rubs over the frenulum, as opposed to their fingertips. So rub your fingers over this pleasure spot with each stroke, especially if you plan on getting the handjob done before next year.



Some men grab with their entire fist, others only use their thumb and forefinger and/or middle finger. This is a rough approximation of where your hand should go. Each man will need to show you how he does it.

Getting a Grip—Learning Man Basics

“I could never move my fist that fast for so long. He really manhandles that sucker, and it doesn’t seem to hurt!” *female age 55*

A frequent complaint from men about the way women give handjobs is that they use too light of a touch. There is a reason why a common slang term for masturbation is “beat your meat” and not “tickle your meat.” Nor do terms like “jerking off,” “slap the monkey,” “bash the bishop,” and “whacking off” imply gentleness.

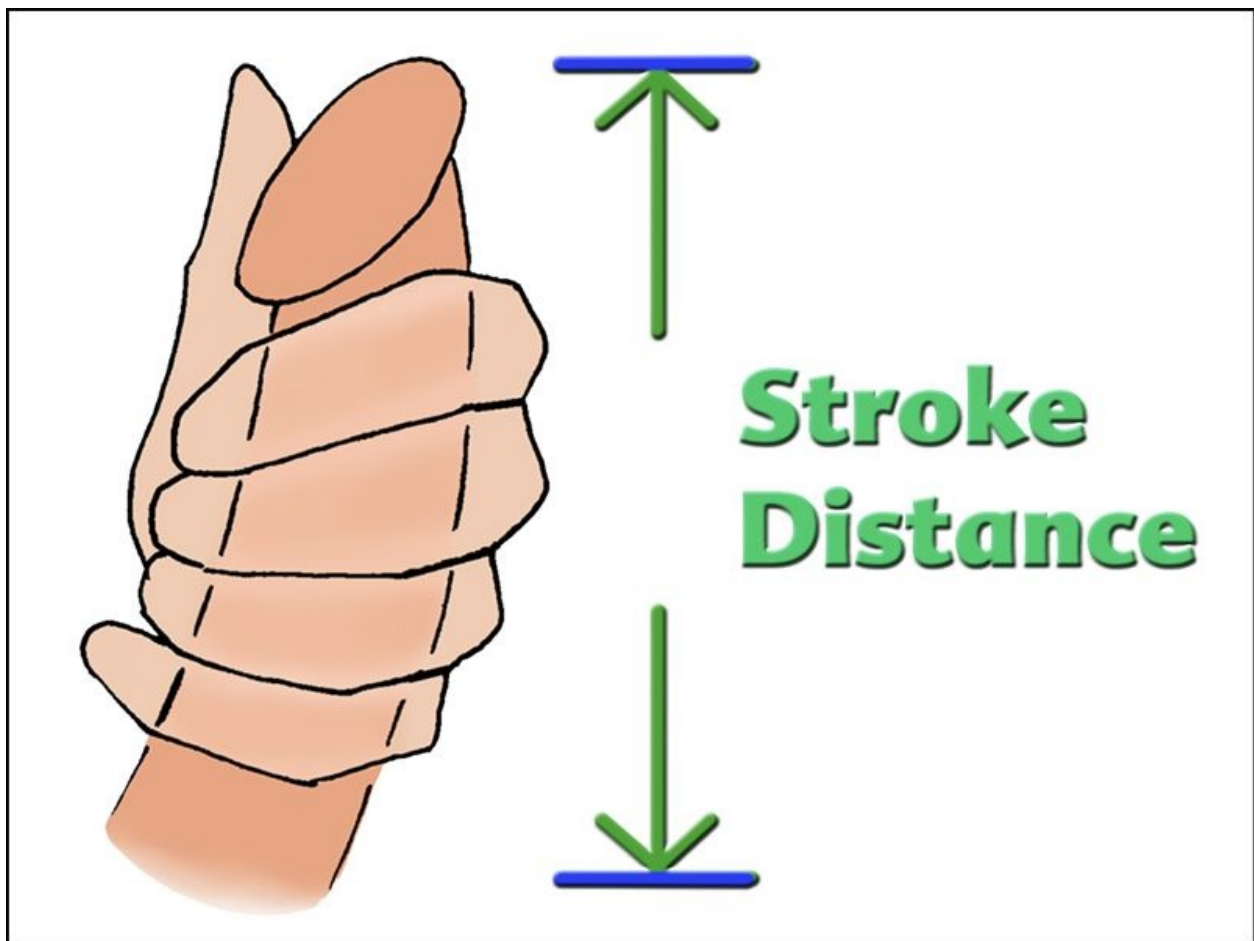
On the other hand, the *grip of death* is not always welcome, either. So one of the first things you’ll want ask a partner is how firmly to grip his penis. Does he want your hand tighter? Looser? Ask again after you’ve given him a couple of handjobs.

The Stroke

After your partner shows you where to place your hand on the shaft of his penis, have him show you how far up and down to stroke. This may depend on how much foreskin he has. When there is more yardage to work with, the stroking length will often be greater. That's why each guy needs to show you what works best for his particular penis.

Practice, Patience and Taking Control

Don't be surprised if he'll need to show you a couple of times before you get it just right, especially if your hand is considerably smaller than the hand he is used to (hopefully his own). If your own lover is too uptight to teach you, some of his friends might be willing to let you learn the basics on them, or maybe one of your BFFs can demonstrate on her boyfriend.



Men who are circumcised or who have tight foreskins may not want you to stroke very high or low. Men who are not circumcised or who have looser foreskins may want you to extend your strokes above the head and almost down to the scrotum.

Dry or Lubed?

When a man is circumcised, it can sometimes feel better to masturbate with lube. Masturbation or a handjob with lube can help a man whose penis has been circumcised to get more sensation from the head of his penis. However, doing it dry is far less of a production to clean up and almost essential if you're giving him a quickie.

An advantage of doing a guy who is not circumcised is that an intact foreskin usually provides optimal sensations without needing to add lube.

What Does a Penis Feel Like?

When a penis is soft it can feel like human lips—more like a squid than a hotdog. Some people describe it as being squishy. The skin has a silky smooth, almost translucent texture that slides over the tissue beneath it. A soft penis is extremely flexible. It can be warm or cold to the touch.

To know what a hard penis feels like, find a fairly buff guy who lifts weights and ask him to flex his arms. A hard penis feels similar to a hard bicep, although a hard penis won't be nearly as big around. Poking a finger into a man's unflexed pecs will give you an approximate idea of what a semi-erect penis feels like. Here are some women's recollections about the first time they touched a penis:

“It was sort of like ‘Oh my God, what do you do with it?’ I knew if you did something to it in the right way, that was good. I felt it very, very carefully, not sure what I was dealing with. It was like an alien creature that you were supposed to automatically know how to please. As I listen to myself describing it, I must have considered it as separate from the individual who it belonged to!” *female age 34*

“It wasn't a pleasant experience then, but it sure is now.” *female age 42*

“I had intercourse a number of times but never touched it. I didn't get into that until much later.” *female age 26*

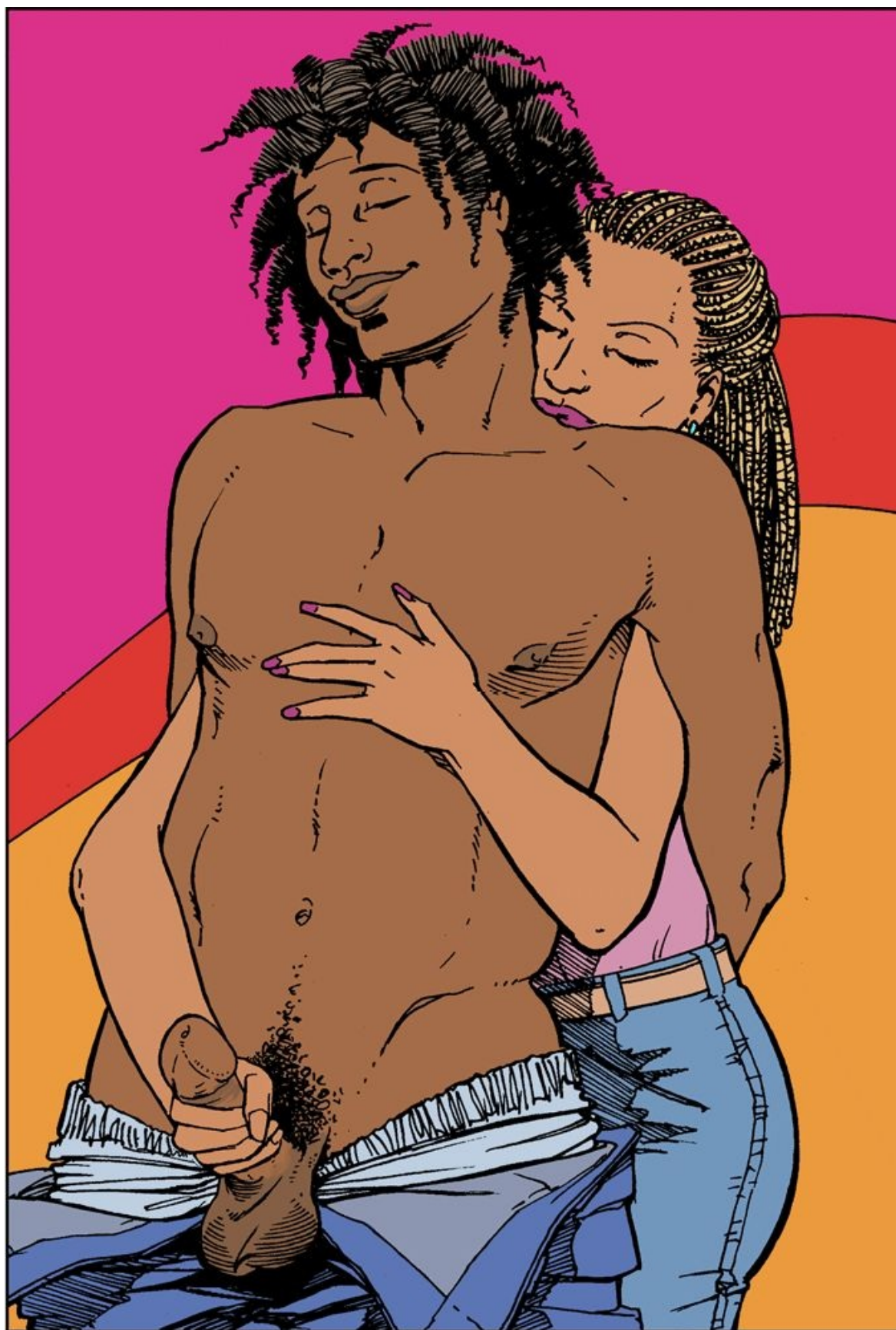
“I didn't like the way it felt when flaccid. A couple of years later I finally got around to making friends with it, and it became exciting.” *female age 21*

“It took me a while to figure out that you could really handle it, that it wasn't fragile.” *female age 27*

Your Touch vs. His

Men sometimes view their body and their penis as two unrelated entities. They stroke their penis without caressing other body parts that could help make it more of a full-body experience. This is one of the ways that a partner's handjob can be so special. She will be adding her own special magic, perhaps by straddling him and pushing her crotch into him, or by caressing him with her other hand, or by kissing him with her soft lips, or by whispering into his ear.

Few women realize they have the potential to control nearly every cell in a man's body with each stroke. Instead, they just jerk away.



Her fingertips are wrapped around his penis rather than digging into the front. She's also kissing his neck and caressing his chest. All signs of excellent form.

Technical Points

Some women give handjobs that are jerky. After all, it is called “jerking off,” but that term is a misnomer. It may appear that when guys masturbate they use a single upstroke followed by a single downstroke, in rapid succession. But that’s not how men do it. We have a more fluid motion. The hand doesn’t stop or even slow down as it changes direction from up to down. The motion is smooth rather than jerky. You also might want to caress his testicles with one hand as you are jerking him off with the other.

You don’t want to slow down or stop pumping as a man begins to ejaculate. Most guys will appreciate it if you keep stroking (“stroking through”) although you need to ask him about making direct contact with the head of his penis after he has an orgasm. Some men might want you to milk out each drop of semen. Guys do this by pushing their fingers into the part of their penis that’s between their balls. This is part of the urethra where semen collects before ejaculation. Have your partner show you how to do this if it’s something he does.

Adding Some Bling

Panty Play: If he likes lingerie, take your panties off and drape them over his penis and testicles while you are giving him a handjob.

Position: Consider doing your man when he is standing or kneeling as opposed to lying on his back.

Ball Trick: Some guys will push the little finger of the stroking hand against the lower part of the penis near the scrotum. This causes the scrotum to jiggle or vibrate with each stroke, providing a secondary source of sensation. But seek a man's input if you try to do this, since your pinky might inadvertently poke him in the balls.

Alternating Caresses and Stokes: In his wonderful *Tricks to Please a Man* (Greenery Press) author Jay Wiseman suggests caressing a penis and balls for ten seconds with your fingertips, followed by one quick up-and-down hand stroke. Then caress for ten more seconds, followed by two quick up-and-down hand strokes. After every ten-second period of caressing, increase the stroke total by one.

Thigh Sensation: Have your male partner straddle your thigh so it is pushing up against his testicles as you are stroking his penis.

How a Man Can Help Himself

A man can help himself and his partner if he will turn on the lights, get naked, and let her learn about his genitals. He should have her tickle, squeeze, tug, and prod each part of his sexual anatomy so she can learn his comfort zones and become more confident in handling his penis and testicles. She should increase the pressure on each part until he says to stop, then back off a bit. Here are some specifics:

Penis: A woman should tug on it, yank it, and squeeze it until she's able to distinguish a man's *Ouch! zone* from his *Ahh! zone*. As for handjobs, he should show her how to grab his penis, how hard to squeeze, how far up and down to stroke, how fast to go, and how long to keep stroking after he comes.

Testicles: If the room is cold and his testicles have retracted almost to his armpits, turn up the heat and put something warm over his scrotum. Once his testicles have been coaxed back down, a woman should tickle, caress, and play with them, with the man letting her know what feels good and what doesn't. She should slowly squeeze each testicle, with him signaling the limits of his comfort zone.

Penis beneath Testicles: A woman should put a finger or two in the space between her partner's testicles and push in until she is massaging the part of the penis that's buried beneath them. She should explore a little further back, behind his scrotum. Find out what feels good.

Clean Up

Tissue and socks are the #1 and #2 things guys use for cleanup after jerking off, unless they are doing it in the shower. If you don't have any tissue handy for cleanup, tell him to ante up a sock if he's wearing them. And if you are goddess among women and are wearing dark colored bikini underwear instead of a thong, you can always use those and stuff the sticky soldier into your purse afterward, but be sure to let him know that he owes you big time.

Using light colored fabrics or bedsheets for clean up is a bad idea, because if there's lots of protein or sperm in his semen, it can stain.

Extreme Handjob Techniques For an Extremely Good Time

The next couple of pages cover techniques for doing a handjob where the goal is to enhance sensation with each stroke without letting him ejaculate. (Let him come at the end.) Lubricating your hands and his genitals is essential. Any number of skin-friendly oils will work fine.

Lubing Him Up

The first thing to do is to get your partner completely naked. This is usually not a difficult task. The most civilized way of adding lube is to cup one hand over his genitals and drip massage oil over your hand. Gravity will pull the oil through your fingers and onto his genitals. Make sure his testicles and penis are thoroughly basted with oil. Put a thick towel under him beforehand to keep the oil from staining the sheets.



This position can be great for hand jobs with lube, but not so good for doing it dry. Worse yet, her form is poor (fingertips digging into the frenulum) and it looks like she's pulling his penis off of his body. But he doesn't care, what with his washboard abs and cool cap.

Different Strokes

When giving a man a routine handjob, it's best to be by his side so you can imitate the way he strokes himself. But when you are giving him an extreme handjob, you can sit in front of him or lean over him when he's on his back.

It is not necessary for him to have an erection. Some people think it feels best when the penis isn't fully erect, so reassure your partner that you don't expect him to stay hard. Semi-erect might feel best.

Fists Going Up: Be sure all skin surfaces are well lubed. Wrap one hand around the base of his penis, squeeze lightly and pull it up along the shaft and into the air. As this hand is making its upward stroke, grab the base of the penis with your free hand, squeeze and do the same thing. Create a fluid motion with one hand constantly following the other. Slow the pace if he shows signs of impending orgasm. Try giving a slight squeeze or snap on the upward stroke as your hand reaches the head of the penis.

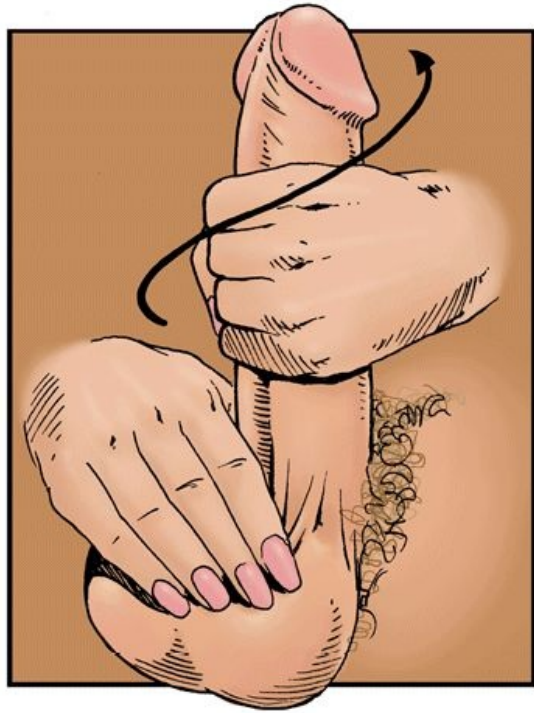
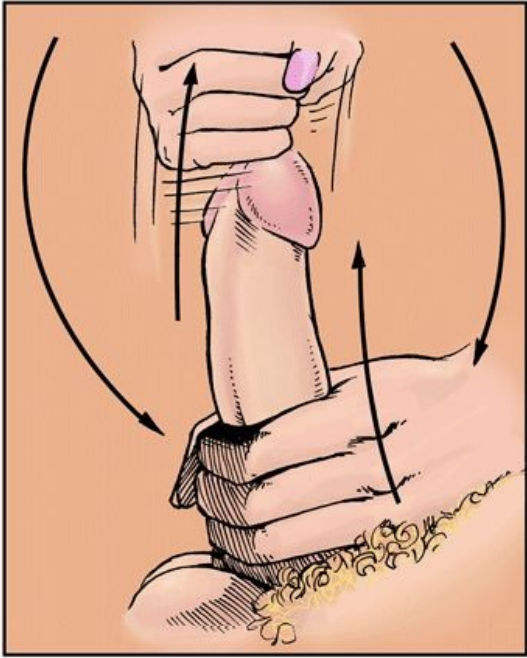
Fists Going Down: Same technique as above, only in the reverse direction with your hands going from the tip of his penis to the base. This usually requires an erection. Otherwise, his penis will just flop there in your hand. Also, don't grip as tightly as with fists going up.

All Thumbs: Face your partner and clasp your fingers together as if you were deeply in prayer, but with your hands clasped around his penis. Use the pads of your thumbs to massage the front part of the penis that has the raphe or seam going up it. Spend extra time rubbing the area where the head attaches to the shaft. Just below this juncture is the sensitive frenulum. Some people compare the sensitivity of the frenulum to that of the clitoris, although they are overstating the case.

Open Palm Buffing the Head of His Penis: Hold the shaft of the penis in one hand. Open your other hand flat and rub it in a circular pattern over the head of the penis as though you were buffing it. Make sure the palm of your hand is well-lubed.

Twisting the Cap Off a Bottle of Beer: Make sure his penis is well lubricated. Hold the shaft near the base. With your other hand, grasp the head of the penis as though it were the cap on a bottle of beer. Twist it as if you were opening the

bottle, with your thumb and forefinger running along the groove under the ridge where the head attaches to the shaft. A variation is to position your hands like you are wringing a towel dry.



Strokes for When The Foreskin Is Pulled Taut

The penis can usually be made more sensitive by pulling the foreskin down against the scrotum. Guys who masturbate with lubrication often use one hand to pull the foreskin taut while stroking the shaft with the other. This also helps keep the skin on the scrotum from rising up onto the shaft of the penis.

To make the foreskin taut, clamp your thumb and forefinger around the shaft of the penis about an inch above where it joins the scrotum. Pull the skin down so your remaining fingers and palm wrap around the testicles. If the man is not circumcised, reach higher up on the shaft to pull the extra skin down. If he is circumcised, you won't have as much foreskin to pull taut. Make sure the penis is well lubricated

From His Penis To His Chest: His penis should be lubricated and resting flat against his belly. Pull the skin taut with one hand, and lay your other hand flat on top of his penis. Then drag your open hand toward his chest, pulling your hand over the surface of his penis and onto the skin of his abdomen. Keep repeating the motion.

The Corkscrew: Pull the skin taut at the base of his penis. Wrap your other well-lubricated hand around the shaft, squeeze lightly and twist it upward as though you were following a corkscrew. If his penis is hard enough, you can do a reverse downstroke. This should return your hand to the same position where it started, or you can just do a series of upward strokes. *Don't hesitate to do this to the shaft of his penis when you are giving a blowjob.*

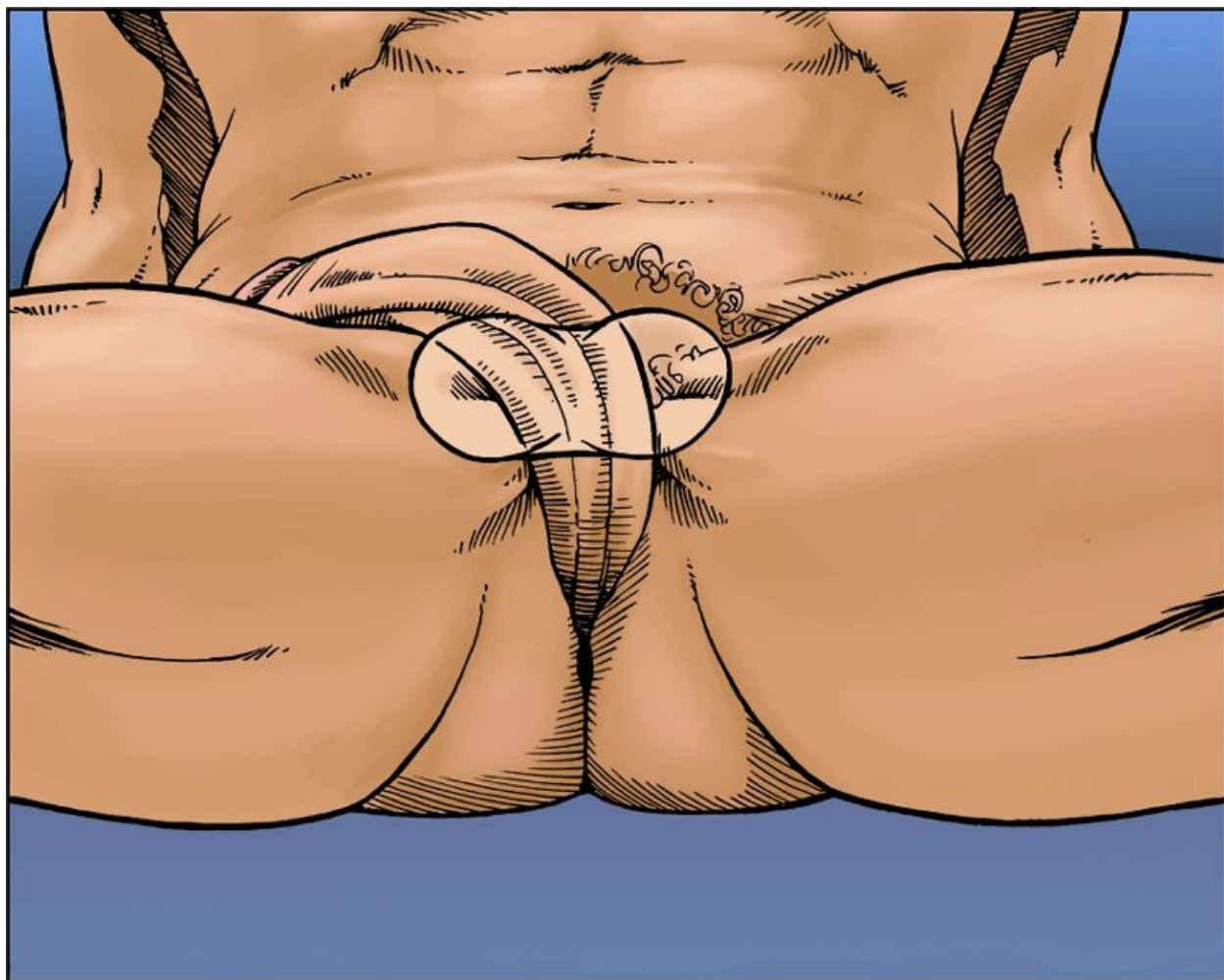
Thumbs Up Then Down: There are two ways to grasp a lubricated penis from the base pulling upward. One is with your thumb up, then rotate your fist so your little finger is up. Alternate your hand orientation after each stroke. You'll need to put some arm motion into it.

Octopus or Parachute Fingers: Pull the foreskin taut with one hand. Lay the palm of your other hand over the head of the penis and drop your fingers down along the sides of the shaft. (Your hand will look like an open parachute or an octopus.) Stimulate the shaft of the penis with your fingers as you lift your hand up and down. You can also twist your hand sideways, or do a corkscrew stroke that combines both motions.

Massaging Under the Testicles

Heat the room or put a warm washcloth over your partner's crotch until the testicles hang freely. Press into the middle of the scrotum with the pads of your fingers. You will be touching the part of the penis that is covered by the testicles.

There is a single small area or juncture in this part of the penis where ligaments, muscle fibers, and nerve endings seem to converge. Putting fingertip pressure on this spot while massaging the rest of his penis with your other hand can create a subtle, warm feeling that some men enjoy. This area might be on one side of the shaft rather than in the middle. The only way to find it is with exploration and feedback. You can also massage this area when giving a blowjob.



The Man with Invisible Balls

Women often assume the penis is somehow glued or stapled to the front of a man's pelvic bone. In reality, it runs beneath his testicles and anchors inside his pelvis. Some men enjoy having this part of the penis massaged. Push into the space between the testicles with your fingertips and gently rub. Also massage the space behind it (aka "taint").

Testicle Massage Techniques

Here are a few techniques to try on testicles. None of this should cause any pain or discomfort. If it does, stop. There is more information about testicles and testicle massage in [Chapter 9. Balls, Balls, Balls](#) and here is an illustration from that chapter.

Simple Testicle Massage: Explore with your fingertips the space between and around the testicles. Be gentle at first, and seek plenty of feedback. For some men, the right kind of testicle massage almost feels like a back rub with hints of orgasm.

Scrotum: With your thumb and forefinger, make a ring around the part of your partner's scrotum where it attaches to his groin. Squeeze gently until his testicles pop out a bit, but not enough to cause pain. This will cause the skin on the scrotum to be tight. At the same time, run the fingertips of your other hand up and down the sides of the scrotum with a light tickling touch.

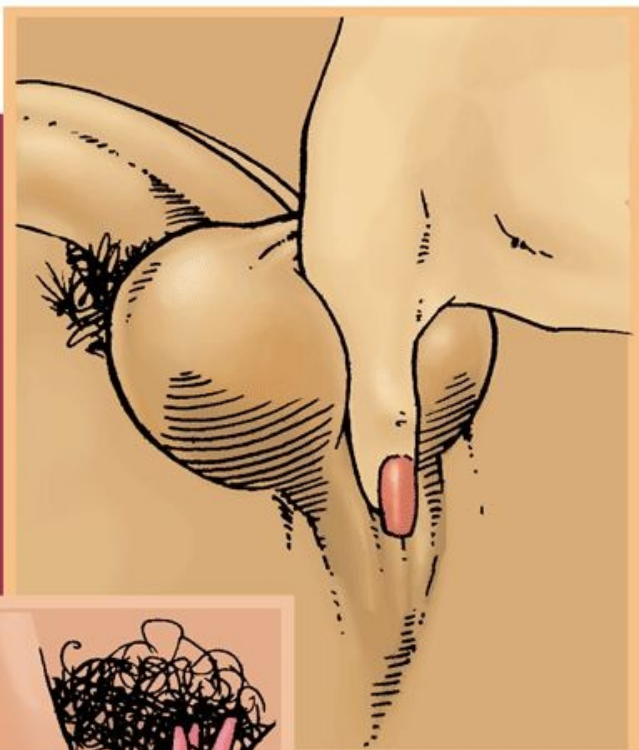
Penis Up, Balls Down: Grab the lower part of his penis with one hand, and clamp the fingers of your other hand around the scrotum. This should cause the testicles to pop out a bit, and the skin will become taut. Squeeze both hands lightly. Then do an upward stroke with the penis hand while your hand on the testicles pulls gently in the opposite direction. Find a tempo that works and keep repeating.

Digging Like a Dog Does: Straddle a partner's chest while facing his feet. Lay his penis flat against his belly with the head pointing toward you. Place a well-lubricated hand between his legs with your fingertips resting below his testicles. Pull the hand all the way up to his belly, dragging your fingers over his testicles and penis. Repeat with your other hand, alternating strokes as a dog might when digging up dirt.

Walking Him Along The Edge

This is where you use any of the handjob techniques for long periods of time without letting him ejaculate. Let's say he starts to ejaculate when he reaches a 9 on a 10 point scale. At that point, there's no turning back. So try to keep him between a level 7 and 8 for as long as possible. When he ejaculates, it can be intense.

One way to keep a guy at such a high level of excitement is to learn his body language for when he is about to ejaculate: the veins in his penis may start to bulge, or his penis might give a sudden throb, the color of the head might darken, his testicles may suck up into his groin, his muscles may suddenly tighten, his hips may thrust, and he might start to groan or invoke the names of the deities and saints. As he gets close to coming, back off with the stroking. If a man can report his levels of excitement, his partner can learn when to up the pace and when to back off. Soon enough, she'll become so familiar with his body language that he won't need to tell her.



Shoulders First

The shoulders and back often become the body's collecting points for tension. There is no point in doing good work on a man's genitals when the weight of the world is parked between his shoulder blades. This is also true for women's bodies. So you might start with a backrub.

Some men believe that the only important part of sex is when a penis is being rubbed, sucked or fucked. They might not care about the tension in their shoulders. They will sometimes direct your hands straight to their crotch with the idea that an orgasm will help relax them. Think of how much more pleasure they could receive if they were relaxed to begin with.

Making It a Whole Body Experience

Handjobs can be used to help a man link the sensations in his crotch with other parts of his body. So you might stimulate your partner's genitals with one hand while caressing other parts of his body. It may help if he inhales deeply while you are doing this, as though he is sucking the warm glow from his genitals into the upper part of his body.

Or you might try kissing or caressing his neck, shoulders, or chest while massaging his genitals. At different intervals, stop stroking his genitals but continue to kiss or caress the other parts of his body. The goal is to help him experience sensation over his entire body.



Dear Paul,

What if a guy is uncircumcised? Do you give him the same kind of handjob as a guy who is cut?

Helen from Troy

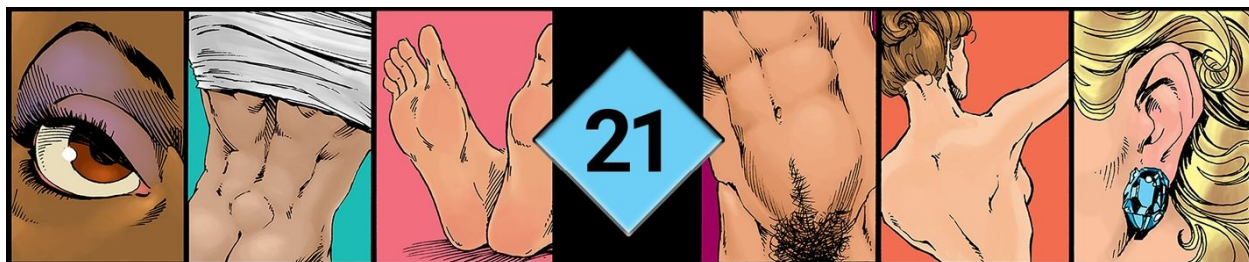
Dear Helen,

You'll find the answer and more in our video *A Woman's Guide To Men's Foreskins* at www.Guide2Getting.com/videos. It includes several lovemaking tips for partners of men who are intact.

If you want to take your handjob skills far beyond anything any guy could ever imagine, you can't go wrong with a video by The Pleasure Mechanics titled *Guide to Handjobs, How to Touch the Penis for Prolonged Arousal and Powerful Orgasms* (PleasureMechanics.com). And there are several erotic massage videos at the New School of Erotic Touch: EroticMassage.com. (Sorry we can't make these links live, but some companies that sell our ebook won't allow it due to the sexual nature of these sites).



The shower is a fine place for giving a man a handjob. (Shower drains know all about semen. They encounter it often!) If you need lube, use hair conditioner instead of soap. Soap burns if it gets into the urethra.



Doing Yourself In Your Partner's Presence

There is often something erotic and even forbidden about seeing your partner masturbate. This is just as true for women watching men as for men watching women. That's what this chapter is about.

Many of us have the fantasy that once we get into a relationship, we won't be playing with ourselves anymore. In some cases, that's how it is for the first couple of months or years. You're having enough sex with your partner that you can't remember why you used to masturbate so often. In other relationships, which can be just as satisfying, you don't really stop masturbating. And some women report that they masturbate more often when they are in a sexually satisfying relationship.

Playing with yourself in front of a partner can sometimes take a lot of trust. That's because masturbation tends to be more self-disclosing than other types of sex. Maybe that's why most people on our sex survey say they would rather be walked in on while they are having sex with a partner than when they are masturbating. Having sex with a partner leaves you feeling less vulnerable, even though more people probably masturbated during the past twenty-four hours than had partner sex.

Here are eight reasons why being more open about masturbation can help expand sexual enjoyment in a relationship: ■ If your partner can see how you please yourself, it might help him or her understand more about pleasing you.

■ Orgasms from masturbation can be more intense than other kinds of orgasm. It might increase the level of intimacy in your relationship if you can ask your partner to hold you while you get yourself off.

■ Although the sex you have with your partner can be really satisfying, masturbating is the only way some people can have an orgasm.

■ There are times when people feel like doing it solo. If this is an accepted

part of your relationship, you won't have to hide or feel weird when you want to control your own orgasmic destiny.

■ People often have unreal expectations that a partner can satisfy all of their sexual urges. There will be many times when one of you is in the mood and the other isn't, or when your partner is so pleasantly drained by what you have just done (oral sex, genital massage, etc.) that he or she curls up and falls asleep on the spot. It would be nice if the awake partner doesn't have to be sneaky about masturbating.

■ When you masturbate in each other's presence, don't forget that a partner's pleasure might be greatly enhanced with a special assist on your part. A man might enjoy it if his partner caresses his testicles, chest or neck while he masturbates, and a woman might find it delightful if her partner caresses her neck, shoulders or breasts or whispers sweet or nasty things into her ears while she masturbates.

■ Masturbating together is an excellent way to share intense sexual feelings without the risk of unwanted pregnancy or STIs.

■ Summers in the East, South, and Midwest are sometimes so miserably hot and muggy that the last thing you'll want to do is hug an equally hot and sweaty partner. Masturbating together is one way you can share sexual pleasure without full-body contact.







Readers' Comments

"I wish he would do it in front of me more often. I've even named his penis Squeegy Loueegy." *female age 37*

"It took a while for us to get comfortable with it, but I like to watch my husband stroke his penis. He enjoys watching me, too. I often masturbate as part of our loveplay because I like stimulation in more places at once than two hands are capable of doing." *female age 47*

"During intercourse one of us always has to touch me so I can have an orgasm, so in that respect, he's seen me do it. And we both chat about how we masturbate when we are alone sometimes." *female age 30*

"Masturbation is the act in my life that keeps me sane. My wife even helps me sometimes." *male age 38*

“I masturbate in front of my husband, mostly with a vibrator. I still find it a bit embarrassing.” *female age 35*

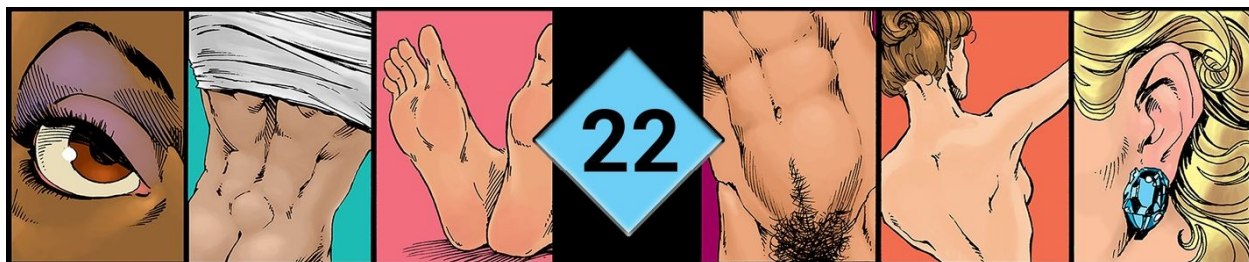
“I masturbate at least once a day. My lover loves it when I masturbate with him or beside him. He thinks it’s one of life’s great mysteries. I like to watch him masturbate, though sometimes it makes me jealous. I’d like him to take the time and attention he spends on himself and use it on me.” *female age 24*

“I masturbate regularly because in the fourteen years that I have been sexually active I have never received an orgasm from intercourse. The only way I can come is from a vibrator or by my husband performing oral sex on me. Sometimes I masturbate privately, other times in front of my husband right after intercourse.” *female age 35*

“I masturbate several times a week, and if she doesn’t know after twenty-five years, well, I’d be surprised.” *male age 48*

“I never realized it was possible for a guy to be turned on by seeing a woman touching herself. Needless to say, once I figured this out about him, I put on a good show.” *female age 45*

“Sometimes, you just want to come and not have intercourse with your partner. It makes sense because you know how to make yourself get off better and faster than anybody else. You might also get to know yourself and discover new techniques.” *female age 26*



Oral Sex: Vulvas & Honeypots

There's a funny thing about oral sex, at least when you are on the giving end—the woman you are giving oral sex to sometimes disappears. All that's left is a twitching, moaning protoplasm which only partially resembles the person who was there before. You are pretty much alone. After it's over, you might want to ask, "Hey, where did you go?" but you learn not to because she will usually just give you a big smile and want to curl up in your arms or maybe she'll want to have intercourse.

You would think a chapter on giving a woman oral sex would be straightforward: place tongue on detonator (clitoris) and start licking or sucking. Then wait for the fireworks to occur. Instead, this is one of the more difficult subjects to write about. If you doubt this, consider some of the answers we've received on our sex survey from women about oral sex:

"I hate it when a guy sucks on my clit."

"I can't get off unless he sucks on my clit."

"I'm more sensitive on the right side of my clit."

"I'm right handed, but he should focus on the left side of my clit."

"My clit is omni-dimensional, left side, right side, it doesn't matter."

"I want him to lick from bottom to top with a flat tongue."

"I need him to flick the tip of his tongue from side to side, hard and fast."

"I love it when he fucks me with his tongue."

"I hate it when he fucks me with his tongue, that's what his penis is for."

"I like his mouth on my whole vulva, like he's nursing on it."

"I want him to focus on my clit, anything else is a waste."

"Women are so much better at this than men."

"I'm bisexual, and the best oral sex I've gotten is from men."

"I love it when he pushes a wet finger into my asshole just before I come."

"He better not touch my ass when he's giving me oral or it's over."

Anyone who can predict the exact type of oral sex a woman will want deserves *The Congressional Medal of Muff Diving*. One lover might have a clit that's so sensitive anything beyond butterfly kisses will push her from ecstasy to agony. She'll want you to keep your head stationary with a wet mouth and light suction might be best. Another lover may have a sleepy clit that needs the oral equivalent of an earthquake.

Given the many variations, this chapter provides you with an array of possibilities. Please give your partner a pen or highlighter. Ask her to highlight the parts that are relevant to her puss and your mouth and to make notes for you in the margins. If she isn't sure what works best, then the two of you can have great adventures learning together.

Inviting your partner's feedback will send a clear signal that you want to learn. She might not have gotten that from her former partners.



Our Survey Results: Does a Woman Want Your Penis or Your Mouth?

We have asked hundreds of women if they had to choose between receiving oral sex or intercourse, which would it be. No one anticipated that a large majority would say intercourse, even if they have orgasms more reliably when receiving oral sex. The deciding factor was usually intimacy over orgasms. For some women the best of both worlds is having intercourse after they've had an orgasm from oral sex. Some women enjoy it when a partner will mix it up with oral sex, then intercourse, then oral sex, and he finishes off with his penis inside of her.

Of the women who were not comfortable receiving oral sex, about half were concerned with the way they might taste, smell, or how their labia look. Some worried they take too long and it's asking too much of a partner to keep doing it for what they perceived was an eternity. Other women couldn't believe a partner would enjoy having his face between their legs. And some women simply don't like how oral sex feels or can never come that way. Here's some of their concerns:

"I worry I take too long."

"I don't like his face being down there; I'm sure I smell."

"There's no way he can enjoy doing it."

"I can't relax; it makes me feel too vulnerable. I so much prefer intercourse!"

"I have a lot of hang-ups about it. I think the guy wants to get out of there as soon as possible. So I need to be reassured you really enjoy it. The orgasm I have with oral sex is the most wonderful, but it often takes a long time and would try the patience of anyone."

Corporations spend millions of advertising dollars trying to convince women their genitals smell so they will buy useless products for their crotches. Hopefully, if you like giving your partner oral sex, you will let her know how much you want to do it. Tell her often.

If a partner worries her genitals smell, one solution is to perform oral sex when the two of you are in the shower or right after a shower. That could help her feel she is clean enough, and sometimes it is nice to give a partner oral sex

when she (or he!) has just had a shower.

Some women are uncomfortable when a man has a close-up view of their genitals. If that's the case, it could help ease your partner's mind to do oral sex with the lights out. Also, inhibition tends to decrease as sexual arousal goes up. So a partner may be more open to receiving oral sex after she's become highly aroused. And last but not least, there are women who don't have aesthetic concerns or partner worries. They just don't like receiving oral sex.

Oral Sex in Real Life vs. Oral Sex in Porn

“I give a woman oral sex for at least 30 to 45 minutes. From my experience, women don’t start to relax until about 10 to 15 minutes into it. Then they go to a stage of comfort. It also depends on the amount of build-up and foreplay and the existing relationship you have. The more foreplay and better the relationship, the quicker the comfort level is reached.” *male age 33*

Porn gives an incredibly distorted view of oral sex. Plenty of women need thirty to forty-five minutes or longer of oral sex before they can orgasm. This is very different from what happens in porn, where oral sex seldom lasts for more than a minute. Yet there’s a well known porn actress who cannot orgasm in real life unless she receives forty-five minutes of focused oral sex and she cannot orgasm from intercourse at all. But in hundreds of porn movies, she pretends to orgasm easily from intercourse and only a minute or two of oral sex. So if a woman is concerned about taking so long, please reassure her to the contrary.

When a Woman Has Been Sexually Abused

When receiving oral sex, a woman needs to give up control. While this won't be a problem for most women, others will struggle with turning the reins over to a partner. This can especially be an issue for a woman who has experienced sexual abuse. Listen carefully to her concerns. If you can't come up with a way to progress that is mutually acceptable, do not push the issue. See [Chapter 50. Rape & Abuse: Good Sex after Bad](#).

Whatever the reason for a lover's concern, reassure her that you'll stop whenever she asks you to. And if she asks you to stop, stop that very moment. You'll always have time to discuss it later.

The Way Women Taste

Most carpet munchers know that some women's genitals taste great, others less so. Beyond that, men are fairly useless when it comes to discussing genital taste. Lesbian and bisexual women, however, will talk your ear off about the subject of how women taste:

“One woman who I loved going down on suddenly began tasting different—not nearly as good. As it turned out, she had started taking vitamin pills. It was never a problem if she took herbs, but vitamin pills would ruin the way she tasted.”

“A former girlfriend was a tennis pro. Sometimes she would play tennis for a few hours and I could go down on her without her taking a shower and she would still taste sweet. There are other women whom I have gone down on right after we showered, and they still didn't taste good. In making my own inquiries, I found that the sweeter tasting women didn't eat red meat.”

“I watch my diet carefully, but the sweetest, best-tasting lover I ever had was a meat-eating, beer-drinking dietary disaster.”

So much for consensus. For a thought from the cleanest lesbian in all of Hackensack, New Jersey:

“Some women spend more time filing their toenails than they do taking care of their pussies. When I'm in the shower, I always separate the lips of my vulva and wash between them. I'm also careful about little bad-tasting pieces of gunk that collect under my clitoral hood. These are what uncircumcised males get under their foreskin if they don't pull it back and clean it.”

A Q-tip dipped in mineral oil can work well to get rid of “little pieces of gunk” that stick under the clitoral hood, but it's always best to speak with a gynecologist first.

Learning to Listen: Getting Your Muff-Diving Mojo Going

During more intense states of sexual arousal, the higher functioning parts of a woman's brain begin to shut down and she moves into a trace like state of sexual bliss. This can take away her ability to verbalize and even conceptualize what's going on, and it can become difficult for her to give you helpful feedback.

While she might ordinarily know what direction your tongue is moving across her clitoris, she may reach a point where she's not be able to tell. She just knows it feels good. There's no point in getting frustrated or angry if it seems like she's not being clear or she's not able to string words together with her normal coherence. You'll need to learn what her body is telling you when it does the following:

- Sudden flinching, convulsing or jolting
- Hips arching
- Hips bucking
- Inner thighs quivering
- Inner thighs squeezing your face
- Crotch moving into your face
- Crotch pulling away from your face
- Body going limp with occasional twitching
- Body going limp with no twitching
- Her hand squeezing yours

You'll especially need to make sense of a woman's hand motions when she's tugging on your hair or ears during oral sex. Fingertips on the top or side of your head can speak volumes, but their movements can be difficult to understand. The same is true with gasps and cries. And it's also important to be mindful of her breathing patterns and if they change as you make changes. After you've given her oral sex a couple of times, ask her about establishing signals for if she wants you to make changes, and which changes she thinks will be helpful.

Cunnilingus Catastrophe #1 — The Porn Model

Like so much of porn, what's done on the screen should stay on the screen. The porn version of muff diving has nothing to do with pleasure. It was created for the camera to have easy access to a woman's crotch. That's why cunnilingus in porn is called "fence painting," because the person who is giving the oral sex sticks his or her tongue out as far as possible and makes licking stabs at the woman's genitals. In real life, giving oral sex is more like wrapping your lips around a juicy peach, which hides what the camera wants to show.

Orals sex in porn is over faster than a teenage boy on prom night. In real life, you should plan to be at it from ten minutes to an hour.

Cunnilingus Catastrophe #2 — Taking the Direct Route

There's only one truly wrong way to arrive at a woman's crotch, and that's by going straight to it. This is why the term "muff diving" is such a misdirect. Never dive. Begin at a woman's knees and work your way up her inner thighs, caressing and teasing as you go. Or start from her neck or shoulders and work your way down.

Approach a woman's genitals slowly with lips that kiss and a tongue that teases. Hopefully, you've already engaged your lover's favorite hot spots before beginning your descent into the valley of womanly wonder. Unless she tells you otherwise, it never hurts to make sure your partner's genitals are throbbing and moist before your lips make contact with them.

Cunnilingus Catastrophe #3 — Systems Not Aroused

A wet tongue is not an antidote for a dry puss. Fantasy, romance, teasing, kissing and caressing are your oral sex advance team. If your lover likes to walk on the wild side, add the occasional spanking, kink or rough sex. Remember to create arousal first, before approaching a lover's clitoris, unless she tells you she wants you to go right for it.

Oral Sex vs. Video Gaming

Nina Hartley, who has given oral sex to more women and men than most people alive, says she sometimes struggles to keep focus when giving a woman oral sex. So take heart, this happens to the best.

While it's doubtful Ms. Hartley is as good at gaming as she is at making porn, it might be helpful to consider how different oral sex is from playing video games, especially when many of this book's readers do both.

Video gaming is all fingers and thumbs; going down on a woman is all lips and tongue with the occasional finger assist. Video gaming is a visual feast, but when you are giving a woman oral sex, the lights are often low or you'll have your eyes closed so you can be at one with the job at hand. Gaming invites you to lean into the action and sometimes go wild, while going down on a woman requires a calm, deliberate focus. With gaming, the more successful you are the more feedback the game provides. With muff diving, the better you do, the more likely your partner will fade off into her own space. Sometimes there will be hip-bucking and cries of pleasure, but other times a woman's body goes into a state of suspended animation with occasional moans and twitches.

With oral sex, your joy is in helping your partner to drift into a world of pleasure. Once you get her there, you pretty much stop existing, which is its own special joy.

Positions for Giving a Woman Oral Sex

Each couple will find the oral sex positions that work best for them. For starters, it's hard to beat the classic missionary-style position. This is where the woman is on her back and the man is on his stomach with his face between her legs. This position allows her legs to flex comfortably, which helps her pelvis to tilt up for better access. Her thighs can be over his arms or shoulders, or under them.



A great thing about this position is how comfortable it can be for the woman and it doesn't interfere with her ability to take long, deep breaths. It's also a position where your bodies are pointing in the same direction. Your tongue has clear access to her labia and clitoris. This works well if your partner likes you to retract her clitoral hood and lick the underside of her clitoris. It also allows you

to stimulate the opening of her vagina with your tongue if that's what she likes. A disadvantage of this position is your head is looking up. This causes your neck to bend backward and it can get very uncomfortable. A variation is when you are kneeling at the edge of the bed. This allows your neck to be less bent, depending on how you position your bodies

Another comfortable position is the classic missionary but turned on your sides. This allows the man to rest his head on the inside of his partner's thigh. If she's a fan of wrestling, it lets her apply the ultimate head scissors. Some men love having a woman's thighs around their head, while others find it to be claustrophobic. One disadvantage is a man doesn't have as much access as when her legs are spread apart. Some men will start off in the missionary position, when a woman's clit might be more sensitive and mouth and tongue control are critical. Then they ask the woman to roll on her side so they can get into a more comfortable sides position and keep going for as long as she likes.

Another oral-sex position is where your partner is sitting on your face. However the term "sitting on your face" is rife with deception. While it might look as if she is sitting on your face, the human face isn't the most comfortable object to sit on. As an alternative, she might want to stay on all fours, with you propping your head and upper body on pillows. This will give your face the necessary altitude to make the contact you need with her crotch.

A position that can be more comfortable for a man's neck is when a woman is sitting in a chair or on a stool with him sitting or kneeling between her legs. Some couples enjoy a 69 alignment where their heads are pointing in opposite directions.



Lock Jaw & Tongue Cramping

Tongue cramping and jaw paralysis are common side effects of giving oral sex. These usually occur moments before the woman blurts out, “There, that’s perfect, don’t stop!” Being able to continue when every ligament and muscle fiber in your neck and face are screaming for mercy is what separates the oral-sex men from the boys.

Protect Your Neck—You are not a Crash-Test Dummy

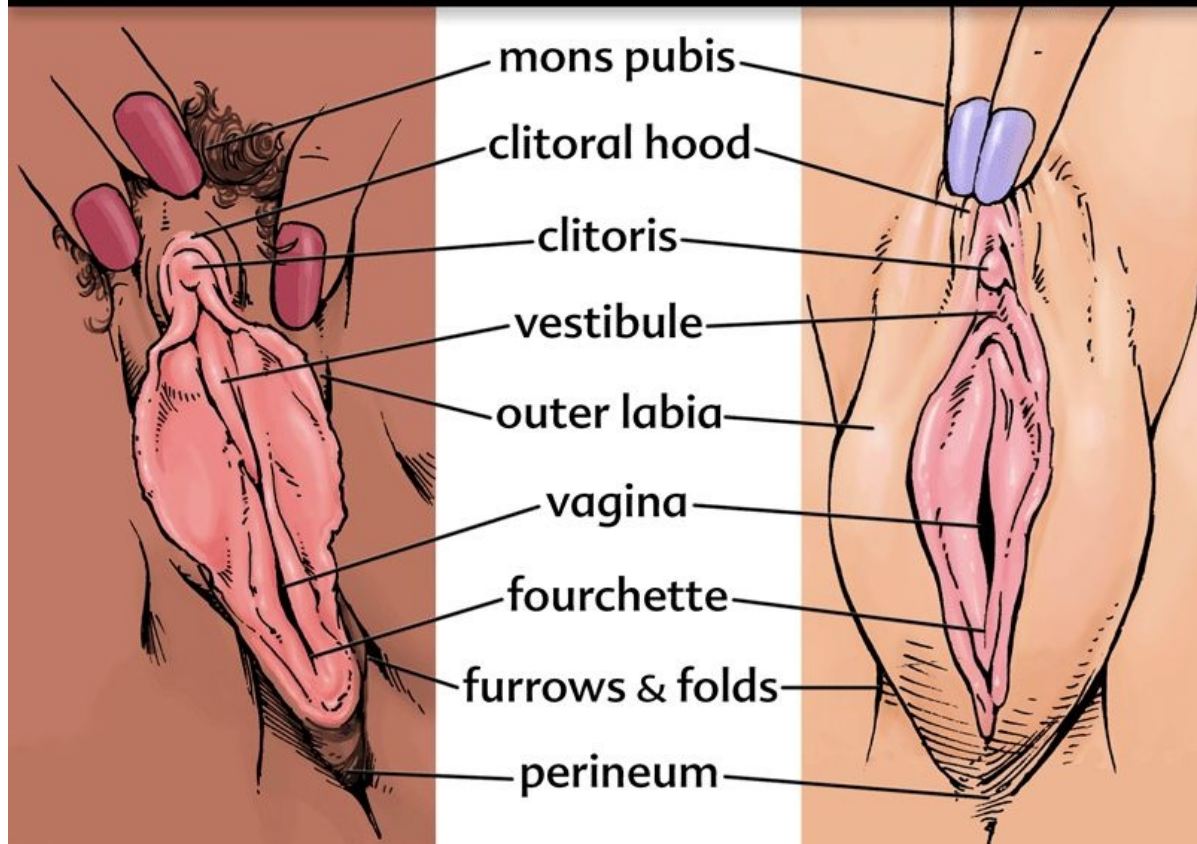
If your neck is in a strange position or weird angle, you won't have the stamina to do a good job. Make sure your neck is comfortable. Generally, you will be in this position for much longer than anticipated.

A strategically placed pillow under your partner's bum can provide better access to her labia and clitoris. It can raise her pelvis so the angle of your neck isn't as severe and it can help increase the sensation in her clitoris. Put a pillow under your head if it makes you more comfortable. If oral sex-related neck pain is an issue, try it with her sitting in a chair.

With experience, you will discover which positions do and don't land you in traction. Do not suffer in silence. Discuss this with your partner so you can find positions that are mutually pleasing. That way you'll be able to give her more of what she likes. And don't hesitate to give your mouth a breather by replacing the tip of your tongue with your wet fingertip.

Also, it is not unheard of for a woman in the heat of oral passion to grab a man's skull and yank it one way or another with enough force to cause whiplash. If she grinds your face into her crotch with a nose-flattening swoosh, she probably wants you to up the tempo or pressure a bit. But don't let your tongue go full throttle, because this might cause her to whip your head in the opposite direction. Learning to shift tongue-gears gradually can add years to the life of your neck.

ORAL SEX CHEAT SHEET



The Mons is a mound of tissue that's over the pubic bone. Try massaging the mons with your fingers before starting oral sex. Pushing the mons up with your fingers during oral sex can change the angle of the clitoris and provide better access.

The Clitoris should be an end point, not a place to start. It responds better after a woman is aroused. Some women like a gentle sucking or nursing motion on the clitoris, some a flicking with the tip of the tongue across it or in circles around it, some prefer long licks with a flat broad tongue from the fourchette to the mons. You won't know without asking.

The Vestibule is the area between the inner lips. Explore this sensitive area with the tip of your tongue. Try grasping her clitoris between your tongue and top lip and gently nodding or shaking your head. It will stimulate the vestibule.

The Outer Labia or Lips are made from the same type of skin as the scrotum. Kiss them. See if she like you to suck on them or tug on them with your lips.

The Inner Labia or Lips can thicken and darken when a woman is sexually

aroused. Try sucking on them or pull and tug them with your lips. You might also try to gently tug on them with your fingers while licking or sucking on a woman's clitoris.

Furrows and Folds Try running the tip of your tongue up and down the furrows between the inner and out lips, and then between the outer lips and inner thigh.

The Vagina The part of the vagina that is sensitive to touch is around the opening. Try making circles around the opening with the tip of your tongue. If she likes you to thrust deeper, you don't need to push your tongue in very far. She won't feel much past the first inch.

The Fourchette is where her lips come together at the bottom of her vagina. It's where some of the lubrication pools. Try massaging it with your fingers before using your mouth. Then massage it with the tip of your tongue or by pushing your mouth into it.

Taint or Perineum This is the space between the genitals and anus. It is much shorter in women than in men. While a woman might find it very enjoyable if you lick this area, be careful not to dip your tongue into her anus and then back into her vulva. If you are going to rim, it's best to rim and only rim.

The Thermal Envelope of a Woman's Crotch

Besides porn, the second worst source of information on how to give oral sex is the movies. When you see an actor with his face between a woman's legs in the movies, his head is almost always covered by sheets or a blanket. This has to do with ratings, not comfort.

Once a woman begins to feel sexually excited, the heat signature between her legs increases. This means you will start sweating like a pig if you put a blanket over your head while giving her oral sex. It can ruin what should be an enjoyable experience. So be sure there is plenty of air circulating around your face and head. If your bedroom is cold enough to be a home for penguins, turn the heat on while you're giving oral sex.

Slobber

Oral sex can throw salivary glands into overdrive. Instead of swallowing or letting the saliva pool in your mouth, you might want to let it flow wherever gravity takes it. But this requires preparation, as you will need to place a towel or two between your partner's bum and the bed. Otherwise, one of you will end up sleeping on a really big wet spot

Be sure to talk to your partner about saliva abatement. Does it feel okay to let your slobber flow between her legs? If not, does she want you to blotter it up every so often with a towel? Some women will appreciate it if you push the edge of a towel against the area that's just below their vagina so your saliva won't trickle down their butt crack.

Also, some women will want a generous coating of saliva between your tongue and her clitoris, while that won't allow for enough friction for others. With proper feedback, you'll be able to get it just right.

Avoiding Beard Burn on a Woman's Thighs

Grunge is not good on a woman's thighs. Five o'clock shadow is killer. If you are one of those guys who grows a shadow ten minutes after shaving, drape a towel over each of your partner's thighs, like mechanics do over the fenders of cars when they are working on the engine.

And clean shaven or not, oral sex is about your lips and tongue, not your chin in your lover's vagina. Less chin is better when it comes to oral sex.

The Tip of Your Tongue

You won't believe how much you can learn about giving oral sex by licking the palm of your hand. Notice how quickly the end of your tongue goes dry. So much for the fantasy that the human tongue is always wet.

A dry tongue creates drag or friction. Nature did not create the clitoris with a high tolerance for friction. This is why you'll need to coat your tongue with saliva first. After a few minutes, saliva from your mouth should automatically run down your tongue and keep things well-lubricated, but not at the start. (There's nothing wrong with keeping a bottle of water or good-tasting lube by your side.)

The last thing you want to do when giving a woman oral sex is to lick her genitals like they show in porn. Her vagina is not a bowl of milk and you are not a cat. But by way of explanation, try licking your hand with a soft tongue. You may need to push your hand closer to your face because a soft tongue is not as long as a hard tongue. Some women will prefer a softer, more rounded tongue against the underbelly of their clitoris, given how it isn't insulated by the clitoral hood. Others will want the tip of your tongue to feel like an arrowhead. It's always good to ask.

Northern Route or Southern Route?

It rarely shows good form to begin oral sex by pouncing on your partner's clitoris. Once she is aroused, start kissing around her stomach and work your way down, or on the inside of her knees and work your way up. With the stomach-down route, you might begin kissing the skin over her hip bones. You'll eventually arrive at the crevice near her inner thigh. Then return to the hip bone on the other side, kiss circles around it, and work your way down.

With the knees-up approach, smother the inside of her knee with kisses. Work your way up her inner thighs until you reach her outer labia. Then move to her other knee and start smothering it with kisses, working your way up to ground zero. By then, your partner will hopefully feel that life will stop if you don't begin giving her oral sex.

Ground Zero

Maybe you know more about troll rogues than going down on a woman, or perhaps you are an oral sex pro. Regardless of your skill set, here are some things to consider about giving really good oral sex—as long as you get reliable feedback from your partner.

■ As a woman flexes her legs, her pelvis arches forward. This can provide better access for oral sex. A lot of women will do this themselves by putting their legs over your shoulders, or by planting one or both feet on your shoulders. Some pull their legs up to their chest. You can also wrap your arms around the back of a woman's thighs and push them forward.

■ Some women provide all the oral access a man needs by simply spreading their legs. Or you may want to separate the outer labia with your fingers. This provides a direct route to the inner lips, and can sometimes feel like the difference between kissing a woman whose mouth is open versus one whose mouth is closed. Some women will offer a helping hand by separating the lips themselves.

■ Lavish her outer lips with licks and kisses. Try running the tip of your tongue up and down the furrows between the outer and inner lips.

■ The mons pubis is the mound of flesh that sits directly above the labia. It is where the bulk of the pubic hair grows. Pushing or pulling up the mons while doing oral sex can heighten the intensity for some women, and some might want you to nibble gently on the mons. If a woman doesn't shave, it can feel good when you lightly tug on her pubic hair.

■ The inner lips of women's genitals tend to be longer around the vaginal opening. You might try clasping them between your fingers and tugging on them gently while your mouth is focused on the clitoris. A woman who is highly aroused may enjoy this, but be sure to get feedback.

Her Clitoris

“Don’t immediately dive into the clitoris and stay there. Warm up by licking all of the vaginal area. Suck on the labia. Then turn your attention to the clitoris. I like my clitoris to be licked, flicked and sucked.

Sometimes I get off faster if my partner licks lower on the clitoris, rather than at the top of the hood. It makes for a different kind of orgasm.” *female age 25*

No matter how small a penis is, nobody should have trouble finding it. Not so with the tip of the clitoris. Some are in clear view, others play hide ‘n’ seek. Sometimes all it takes to expose the tip is a lone finger to pull the hood up. Other times it takes both hands and a litany of prayer.

To find the tip with your tongue, separate the outer lips with your fingers. Make sure your tongue has plenty of saliva on it for lubrication. Take a long slow lick from the bottom of her vagina to the top where the big lips meet. Somewhere along the way you will most likely feel a small knob or slight protuberance. Find out from your partner if this is the tip of her clitoris. Have her explain to you exactly how she likes it licked, assuming she likes it licked.

As your partner becomes aroused, the tip of her clitoris will swell. Some swell predictably; others not so much. This can be challenging until you become familiar with the way her clitoris changes. She might want you to lick on a specific spot or location. You might need to go on faith and past experience.

“Gentle teasing brings me to an orgasm. I like him to start off gently, with light licks and kisses all over my vulva. I can’t take too much pressure on my clitoris, though, and sometimes that ruins it for me.”

female age 23

You would think the surest way to arouse a woman would be to start at the tip of the clitoris, since that’s where so much of the sensitivity can be. But with some women, you never touch the tip at all, while others might want you to throw a lip lock on it.

Some women enjoy it if you kiss their entire genitals in the same way you do their mouth. Others crave gentle nursing action that’s focused on their clitoris.

Some like it if you flick the tip of your tongue over the clitoris in a sideways direction; others prefer an up-and-down motion as though you were rapidly turning a light switch on and off. Some like a circular motion. These motions may seem awkward at first, but you'll get the hang of it. Some women will want you to speed up or change locations as their arousal grows, others prefer a constant motion from start to finish.

When it comes to the clitoris, less is sometimes more. Stay simple and steady unless she advises to the contrary. Your partner might have a favorite side of her clitoris where she wants you to lick. To help improve access to the favored side, she might try flexing one leg while the other lies flat and a bit to the side. Other women have an ambidexterous clitoris that welcomes an approach from any side.

The clitoris sometimes disappears soon before orgasm. No one knows why. With input from your partner you will learn how to respond; in the meantime, when a clitoris disappears, you might try giving a little suck to pull it back out.

After learning more about your partner's responses, experiment by puckering your lips around her clitoris and making a light vacuum. You can then push the clitoris in and out of your mouth either with your tongue or by reversing the suction every couple of seconds.

Your partner's clitoris and the area around it may begin to pulse once she is highly aroused. This is usually an indication to stay your course. Problems start when you decide to up the tempo or go harder.

When a woman begins to orgasm, her clitoris will usually start to contract. The contractions happen less than once a second. Some people say to time the movements of your tongue in synchrony with the contractions. Good luck making that one work.

Some women prefer to receive different kinds of stimulation depending on the time of the month. At one point in her menstrual cycle you might need to avoid the tip or glans, but two weeks later you can flick the tip silly. This is nothing you're going to learn during a one-night stand.

If you are focusing on other parts of your partner's genitals besides her clit, you don't need to be as careful with your movements. But when you are mostly focused on your partner's clit, precision can be the key. As Nina Hartley says,

“With women, millimeters mean everything.”

Landscape Mode vs. Portrait Mode

Most men can flick their tongue from side-to-side longer and better than they can do it up and down. Rapid up-and-down flicking often brings out your tongue's inner spaz. If up-and-down flicking is what your partner wants, you might experiment with changing the angle of your head from portrait mode to landscape mode. With your head turned sideways, side-to-side flicking will feel to her like you're doing it up-and-down.

One Change at a Time

When you make changes during oral sex, try only one new thing at a time. Wait for your partner's reaction before making further changes. For instance, if you want to speed up, don't speed up and change direction at the same time. Otherwise, you won't know what worked.

Passive Sucking While Your Partner Controls the Movement

There may be times when a woman won't want you to move your tongue, but only apply pressure to her clitoris with your mouth or pull a light vacuum with it. Your partner can then move her hips back and forth or up and down, controlling the sensation herself. It takes less than an inch in any direction to achieve a very pleasing effect.

This can work especially well if you aren't sure what to do, or if the two of you aren't able to get into a good rhythm. You provide light suction while she provides the movement.

The Urinary Meatus

When it comes to oral sex, using terms like “urinary meatus” or “the area around her peehole” can cause an aesthetic flat tire. However, the part of a woman’s genitals between her clitoris and vagina is called the urinary meatus. It is worth exploring with the tip of your tongue. For some women, this might be the difference between good oral sex and great oral sex. For others, it might cause irritation or pain. So be sure to get her feedback.

Also, keep in mind that the head of your penis is one big urinary meatus. Also that kissing her genitals is usually more hygienic than kissing her on the mouth.

Tongues and Fingers Inside Her Vagina?

The opening of the vagina is in the lower half of a woman's genitals. A man might occasionally feel compelled to stick his tongue far into his lover's vagina. But this can cause his tongue to cramp, and she's not likely to notice because the nerves that register touch only go in as far as the first inch. So if she wants tongue thrusting, find out how much is "just right" so you don't end up going farther in than is necessary.

As for putting your fingers inside a woman's vagina as you are giving her oral sex, you must absolutely ask her first. Some women say there's no more surefire way to kill an orgasm than for a man to stick his fingers inside their vagina during oral sex. Other women treasure one or two fingers inside their vagina, but not until they have reached higher levels of arousal. Some might like a thumb pushing down on the floor of the vagina.

As for what to do with your fingers once they are in her vagina, your partner might want them to stay perfectly still or she may want you to twist, jiggle or thrust your fingers in and out. There could be special spots in her vagina that she likes having stimulated.

The back of the vagina often balloons open during sexual arousal. Some women enjoy having this area filled up. A dildo can work well to accomplish this during oral sex. Also, a woman might fantasize about having one man's penis inside her vagina at the same time that another man is licking her clitoris. Adding a dildo to the mix can help satisfy this fantasy unless a second lover is handy. There are also oral sex dildos that strap on a guy's chin. They look like a trip to the orthodontist that went terribly wrong.

All of Her in Your Mouth

If a woman enjoys this, open your mouth wide and put your top lip just above her clitoris. Put your lower lip at the bottom end of her vagina. Then push your face in and begin to suck all of her into your mouth. The emphasis is on gentle suction, unless she wants you to amp it up. Keep repeating and never blow air into her vagina.



If She Starts Bucking

It's not unusual for a woman who is receiving oral sex to start bucking her hips with pleasure when she is having an orgasm. This kind of motion can knock a guy off her mound.

A work around is for a partner to rap his or her arms around her thighs from behind, as in the illustration above. He then puts his hands firmly on her hip bones. The female hip bones provide a perfect handle and were probably put there for this very purpose. This way, she has to lift the weight of his upper body in order to buck. This will help keep her pelvis still enough so he can give her more of what's causing her to buck in the first place.

However, don't assume that bucking and hip flailing means a woman is receiving more pleasure than one who is mostly still during oral sex. A woman who orgasms quietly may be having a more intense experience than one who is expending energy to sound like a porn star.

Ass Play during Oral

When a woman is about to have an orgasm during oral sex, a finger tip gently inserted into her anus can launch a cascade of pleasure, or it can be the worst thing you could possibly do.

If you decide to try this, there is no need to stick your finger in very far. Just putting pressure on the rim around a lover's anus might light up thousands of nerve endings. A variation is to insert a well-lubricated butt plug or vibrator in your partner's rear before given her oral sex. Or your partner might want you to firmly squeeze her butt cheeks, but stay away from her anus.

You can always go for a triple play: lips on her clitoris, a finger or thumb in her vagina and one up her rear, although a lot of women will find this to be overly stimulating and not in a good way.

If She Has Genital Jewelry or You Have a Tongue Piercing

Genital piercings can be an important player in oral sex if you learn how to use them correctly. If your partner's clit or hood is pierced, experiment with sucking her clit into your mouth and flicking the jewelry with your tongue. Her response may depend on how close to a nerve bundle the piercing lies. With the proper feedback, you'll learn exactly how to use a woman's genital jewelry to provide her with exceptional oral sex. But be careful about the jewelry coming apart. It's not the kind of thing you want the doctors to be fishing out of your stomach.

It is possible to give wonderful oral sex when you have a tongue piercing, but only as long as you know where the ball is and what it's up to. Try flicking your tongue across the palm or back of your hand. This will help you learn to steer your ball better. The last thing you want to do is bang a steel object against a woman's nerve endings. You will need to flick your tongue more delicately than a guy who doesn't have a tongue piercing. According to a woman who has dated a couple of guys with pierced tongues, flicking a pierced tongue across a woman's vulva can feel really cool, but only if the man is extremely gentle and acutely aware of the impact that a pierced tongue has. She also cautions against probing inside a woman's vagina with a tongue that's pierced.

Mixing Up Oral and Intercourse

Some couples enjoy it when a guy goes down on a woman for several minutes, then they have intercourse for a few more minutes, then he goes back down on her, then they have more intercourse. There is no rule book. Figure out what works best for the two of you and enjoy it.

It Ain't Over until It's Over or She Pulls Your Face Away

Just because your lover has had an orgasm, there is no reason to come up for air. Keep doing what you were doing until she relieves you from duty; don't leave your post until instructed by her hands pulling on your head.

But remember that the slightest movement can feel abrasive after a woman has had an orgasm. She may want you to slow to a crawl or call it quits, or lay off for a minute or two, then gently rev it up. Or she may want you to put your penis where your mouth has been. When you are with a partner long enough, you will learn her post-orgasm protocol.

Oral Information

■ Your partner's face is not an oral-sex tachometer. A woman usually wants to be able to zone out when she's receiving oral sex rather than having to watch you looking up at her for reassurance that you are doing okay. Learn to feel what's happening by the way her body responds instead of looking for visual cues, which can often be confusing.

■ Find out if your partner likes you to play with her breasts or other body parts while you are going down on her. One reader loves her partner to squeeze her toes when she is receiving oral sex—it can be the difference between coming or not for her. Try that on another women, and she might think you'd lost your mind.

■ Here's a game suggested in *Ultimate Kiss*: Bring your lover to the edge of orgasm with oral sex and then pull your mouth away for a count of fifty. Then bring her to the edge again and pull your mouth away for twenty-five seconds. Then bring her to the edge and pull your mouth away for ten seconds. Be sure to explain the game beforehand.

■ Give your partner oral sex when she is still wearing her panties. Start with your lips on her inner thighs, work up to her underwear, and then sneak your tongue under the material. Some women might like it if you blow warm moist air through the front panel, but never blow air directly into a woman's vagina.

■ Consider pulling your lover's panties off with your teeth. Be careful not to leave holes or rip the material, given how lingerie can cost an arm and a leg; it's best that she not remember you as the one who destroyed her favorite undies.

■ Think nothing of crawling under your lover's dress while she is standing to plant tender kisses in places where other guys only dream of going. But she'll need to sit or lie down before you go further. It's difficult to do oral sex when a woman is standing.

■ Place the tip of your tongue on the side or bottom of her clitoris. Then push the tip of a small vibrator on the bottom of your tongue.

■ A subtle way to make your tongue vibrate is to hum while placing it on your partner's clitoris. A well-hummed aria can push some women into orbit. Others will start laughing.

■ Separate her outer lips with your fingers and lay your tongue flat against the lowest part of her vagina. Take a slow, long, wet lick upward from the base of her vagina to her belly button that lasts for at least ten seconds.

■ Some women enjoy having several pillows under their lower back and rear end so their entire body is on an incline with their crotch angled upward. This provides great access, a wonderful view, and your neck won't cramp as much when doing oral sex for long periods of time.

■ On a hot muggy day, ice cubes can spice up oral sex play. During the cold of winter, sipping a warm drink before kissing a woman's genitals can also have a nice effect.

■ There are swings that are great for doing oral sex. They can be hung from a door jamb or ceiling rafter. The swing spreads the woman's legs and places her at the perfect height for a man to give her oral sex while he is sitting upright, with his neck straight. Beware: many swings are poorly made and uncomfortable. The better ones aren't cheap.

■ Some women have a problem with being kissed on the face after being kissed on the crotch. If that's the case, keep a wet washcloth handy. Run it across your face after giving her oral sex.

Safety Note: It can be sexy to blow warm moist air over your lover's genitals, but very dangerous to blow air into her vagina. Never lock your lips on your partner's vulva and blow air into it.

When a Woman Gushes

Some women expel fluid around the time they have an orgasm. If your partner gushes and you have a problem with it, take solace in knowing that it wouldn't be happening if you weren't doing something right.

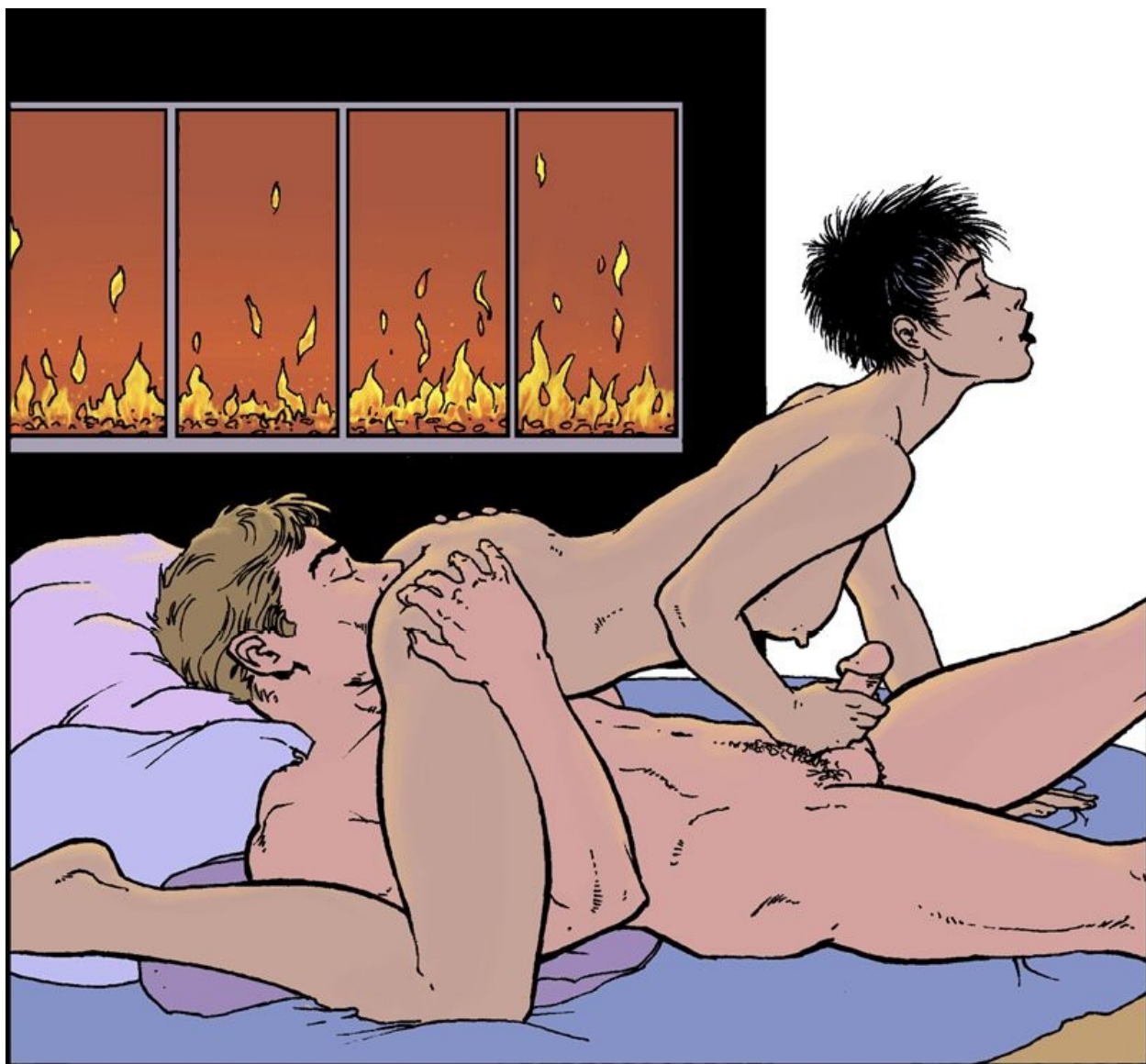
Does Anyone Really Use Dental Dams?

Years ago, someone decided the way to safely go down on a woman was to spread a latex dental dam over her crotch. Why not just use neoprene or Naugahyde? You have no clue what you're licking. And try whipping your tongue back and forth over latex. No matter how much slobber you throw on it, your tongue drags and your RPMs tank. Some people find plastic food wrap to be a more satisfactory barrier. You can see through it, it doesn't slow your tongue, and you can always re-use it afterward to cover a casserole. If following safe sex guidelines is important in your situation, do a browser search on the CDC website and other credible sources for what's currently being recommended for oral sex.

Maintaining a Hard-On While Giving Oral Sex

When a guy is giving his lover oral sex, he needs to keep doing it long enough to get her off. But this can require the kind of concentration that isn't always conducive to maintaining an erection. And giving oral sex is one time when a guy doesn't have to worry if he does or doesn't have wood. So a woman should never assume that no boner means her partner is unhappy or unexcited about giving her oral sex.

Unfortunately, some men who feel they absolute must have an erection will stop giving oral sex the moment they feel their hard-on starting to go and try to have intercourse before it's "too late."



Things a Woman Can Do to Help a Partner Who Is Going Down on Her

Tugging on Your Bush: If you have pubic hair, take a moment to tug on your bush before receiving oral sex. You'll pull out loose hairs that would end up sticking to the back of his throat.

Shaving Duties: A woman who shaves or waxes shouldn't hesitate to put a lover in charge of muff maintenance, if he's good at it.

Labia Laundering: Separating the labia and washing between them once a day will help to keep genitals clean and tasty. Some women find that just using water works best, others like a mild soap like SebaMed.

Not Helpful: If a woman fears her genitals don't taste good, she should ask her partner. If she feels there is something bad about her genitals, she should tell her partner lest he feels hurt by her rejecting behavior. Perhaps his reassurance will be helpful. But if it's something that genuinely makes her feel uncomfortable, he should not persist.

Feedback: If a man's ego is so fragile he can't handle a woman's feedback about oral sex, perhaps he would do better with a mindless partner who has no input to give. If you aren't equal partners in sex, you aren't equal partners in the rest of your relationship.

Playing with Yourself: Don't hesitate to reach down and masturbate while your partner is doing oral sex. Let him know about it.

Humor: Humor is one of the most important sex aides there is. Try not to forget this.

Oral Sex When a Woman is Having Her Period

Some couples are fine with oral sex when a woman is having her period. Here are some solutions if you want the action but not the flow:

Flex Disc, Softcup, Diva Cup and other Menstrual Cups: These are tampon alternatives that collect menstrual flow as it comes out of the cervix and before it flows through the vagina. They work well for oral sex during your period. See [Chapter 27. Surfing the Crimson Wave \(From Period Gear to Period Sex\)](#) for details.

Tampons: A fresh tampon will usually catch most of the flow. You must take the tampon out if intercourse is going to follow.

Diaphragm: Some women get a diaphragm for the sole purpose of having sex during their periods. The Softcup or Flex disc will do most of what a diaphragm will, and you don't need a gynecologist to fit it.

Plastic Wrap: A simple way of dodging menstrual flow is by putting plastic wrap over a woman's genitals before going down on her.

STI NOTE: Little is known about the risks of HIV transmission when doing oral sex on a woman who is having her period, but it can be a way to give and get hepatitis.

Sixty-Nine

69 is when a man does oral sex on a woman at the same time she does oral sex on him. Some couples enjoy 69, but not all. A lot of women find 69 to be an unpleasant distraction. For them, oral sex is about being able to receive. Shove your dick in their face, and it's suddenly about a woman having to preform. So ask first.

Readers' Comments

“Get a good rhythm going. Don't suck or lick too hard on the head of the clit. Also, either be smooth-shaved or have a beard, but no in-between. Beard burn really kills down there!” *female age 45*

“Stubble on the face is not welcome in tender areas down below.” *female age 48*

“Please quit when I say so; it gets really tender and ticklish after I come.” *female age 43*

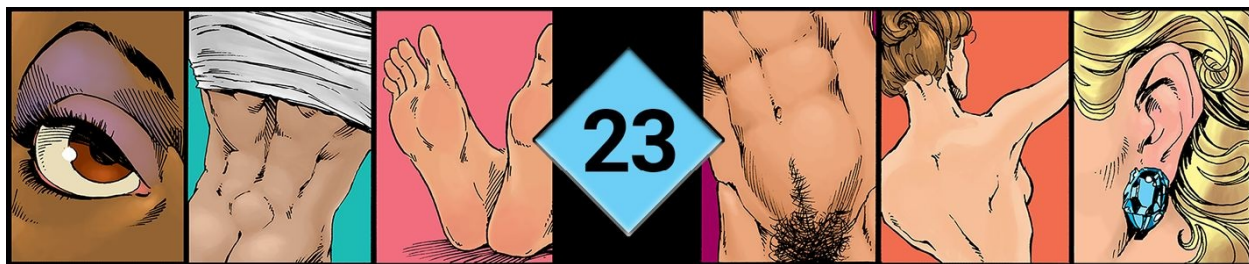
“Lick around the area of the clitoris, not directly on it, until I am more aroused and then only part of the time.” *female age 35*

“Start out slowly, working around the outer area with your tongue. Don't just push in. Do a lot of gentle rubbing and caressing on the insides of the leg. Gradually probe the vulva with your tongue. Develop a rhythm and keep going until I come.” *female age 32*

“If my partner's tongue gets tired, he uses his finger and sometimes it feels the same.” *female age 25*

“I like a man to first shave me smooth, then gently kiss and finger me.” *female age 34*

“It's great when he puts a finger into my rear while giving me oral sex. It makes for quite the explosion!” *female age 38*



Oral Sex: Popsicles & Penises

Some women enjoy giving a man oral sex. It can give them a feeling of power and control over their partner's body. It can also provide feelings of intimacy and closeness that can be both soothing and exciting. Other women don't find anything special about it but will go down on a guy if he enjoys it. And some women would rather suck on a rusty pipe than let their lips stray south of a man's beltline.

Whatever your preference, this chapter offers tips and techniques about giving oral sex to the male of the species. It starts with a candid discussion about male ejaculate. It offers techniques for giving splendid blowjobs and it includes suggestions for the man who is receiving oral sex to help make it a good experience for his partner and himself.

When Gay Guys Blow

Women get the feeling they need to swallow a guy's ejaculate in order to give a truly fine blowjob. If this were true, you'd think it would apply just as much in the gay community, where the giver of the blowjob knows exactly what it feels like to receive a blowjob. But that's not the case. Gay guys don't always swallow when giving blowjobs. As one gay male reader says, "No way am I going to do all that work getting a partner to come and not watch him ejaculate. Besides, I don't exactly love the taste."

Swallow only because you want to and not because there's some *Miss Manners of Blowjobs* who says it has to be.

To Swallow or Not to Swallow — That Is the Question

Considering what usually happens if you suck on a penis for long enough, a woman eventually has to decide if she wants to swallow semen. For some women the salient factors are how they feel about the guy and how they feel within the relationship. For others, it's the taste and texture.

Different guys come in different flavors. As a female reader states: "My current lover tastes great, I like swallowing his ejaculate. But when my former boyfriend came, it felt like battery acid in the back of my mouth." Another reader says she has no problem with the taste or texture of male ejaculate, but that it sometimes upsets her stomach. That's probably due to the prostaglandins in semen. A British sex expert who sounds like the queen says that male ejaculate is an acquired taste, like swallowing raw oysters. As for the smell of male ejaculate, it's like a weak solution of bleach—original scent as opposed to Lemon Fresh or Spring Rain. (For all things semen, see [Chapter 6. Semen Confidential.](#))

Who knows what to advise about swallowing except that a man shouldn't push the issue unless he is willing to swallow a mouthful of his own, although the actual amount is closer to a teaspoonful. (See [illustration](#) for how to give a really good blowjob without swallowing.)

Swallowing and Hormonal Considerations

Women sometimes wonder if they are getting a dose of male hormones when they swallow semen. While the testicles produce the lion's share of male hormone, this goes directly into a man's bloodstream and not into his semen. You don't need to worry about sprouting a beard or growing a big Adam's apple from swallowing cum. And the only way you will gain weight from male ejaculate is if it makes you pregnant.

Regarding your health, the main concern about male sex fluids is whether the man has a sexually transmitted infection. If there's any chance of that, use a flavored condom when you are blowing him.

Have an Understanding

The important thing to remember about giving a blowjob is that it is going to feel pretty wonderful to your partner. So lighten up and loosen up. Stare his one-eyed snake in the scrotum and say, “I’m the one with the teeth, so behave yourself and do as I say!” Giving a good blow job is about being in charge. Enjoy it and have fun calling the shots.

Quick & Easy

Going down on a man isn't as much a mystery as going down on a woman, given how the penis is pretty much in your face. The childhood experience of sucking on popsicles will give you an idea of how to begin. However, popsicle-sucking does not make for an excellent blowjob.

There are different kinds of blowjobs. Some women like to include lots of kissing and licking; others mainly suck on the penis. Using your hands can add an extra dimension.

Blow Jobs in Porn vs. Real Life

Have you ever noticed that porn actresses never gag when giving blow jobs, and it's not like they're sucking on small penises? Maybe it's something they learn in porn acting school. Or maybe they've had the nerves that cause the gag reflex surgically removed. Either way, blowjobs in porn often seem like they are more about humiliating or objectifying women than they are about sexual pleasure.

As for a man who wants to ram his penis down a woman's throat like they do in porn, why not find a girlfriend who is a porn actress? Although it's unlikely she'll want to do at home what she does at work.

Gag Prevention

Here are four suggestions to keep yourself from being gagged while giving a blowjob. The most important suggestion is the first:

Tell Him! If he thrusts and it gags you, let him know. Women who gag when giving oral sex seldom tell their partner about it. So if gagging is a concern, tell your partner the two of you need to work on it, because he'll be getting way more blowjobs if you don't have to worry about gagging. Be specific! If a little thrusting is OK, help him recognize the difference between that and thrusting that will cause you to gag.

Fist on Shaft: Make a fist around the shaft of your lover's penis, with your little finger resting on his pubic bone. This will give you an entire fist worth of buffer. If your partner has an average-sized penis, there should be no way he can gag you. If he is luckier than most, use two hands instead of one, like when you are holding a baseball bat. Keeping your fingers around the shaft also allows you to pump it or pull the foreskin taut. More on why you might want to do that later.

On His Back: Some guys thrust involuntarily when they come. To deal with this, keep your partner on his back and position your body between his legs. When he is close to coming, keep both of your hands around the base of his penis and your forearms flat against his pelvic bone. If he thrusts, his pelvis will pull you up along with his penis.

Grab Him By the Balls: Clamp your thumb and forefinger together around the upper part of the man's scrotum where it attaches to his groin. This will place the testicles in the palm of your hand. Some men find this pleasurable, especially if the woman gently pulls downward. If he thrusts more than you want, increase the downward pull.

Positions

An excellent position for doing oral sex is to place yourself between your partner's legs, facing his body. This gives your tongue direct access to the most sensitive parts of his penis and scrotum, and the angle minimizes the tendency of the penis head to bang against your tonsils. It's a comfortable position for most women and it lets him watch you giving him head, which is a turn-on for some men. A variation is to sit, kneel or crouch in front of your partner while he is standing or sitting.

A woman might also straddle the guy's chest, facing southward as though they were doing 69. This can be nice if staring at a partner's crotch and rear end provides a man with an extra turn-on. But it places her tongue in contact with the upper side of his penis (that part that faces his stomach), which doesn't allow for maximum stimulation.

Another way of doing a blowjob is where the woman keeps her head still and the man moves his penis in and out of her mouth. The fancy term for this that nobody but priests ever use is "irrumation," which is Latin for "altar boy, hold still!"

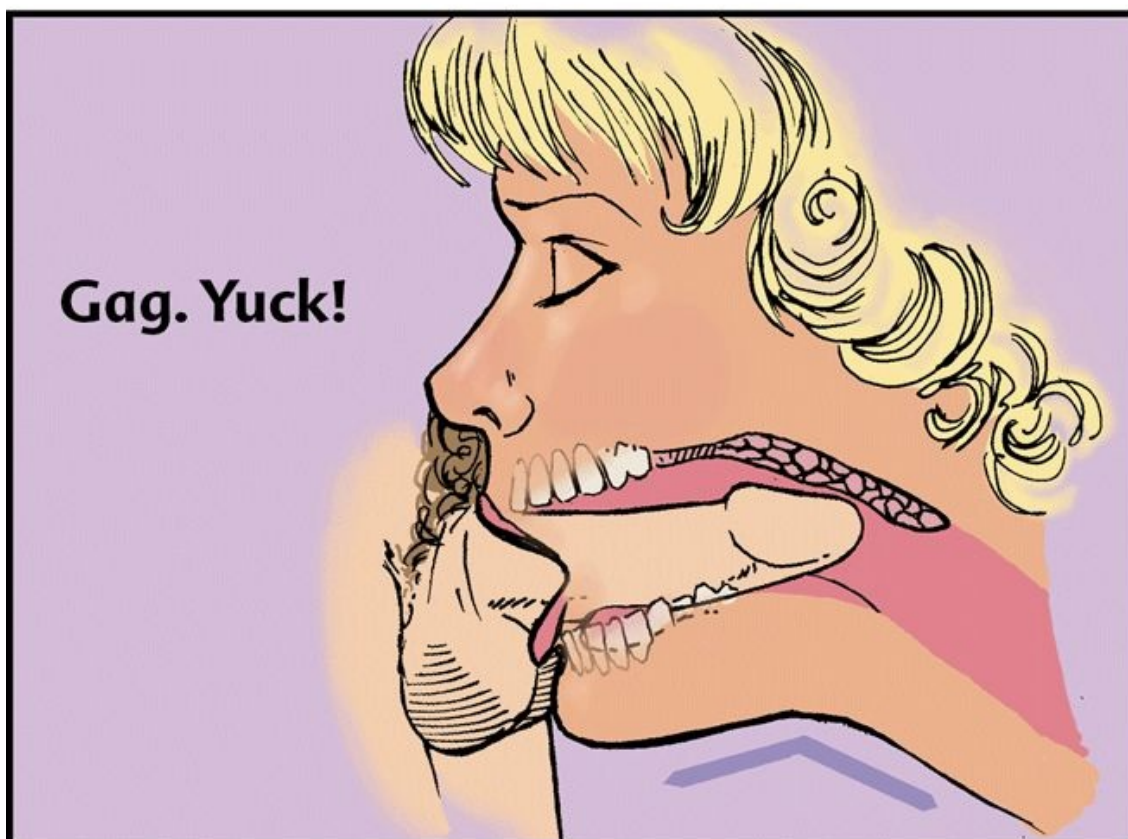
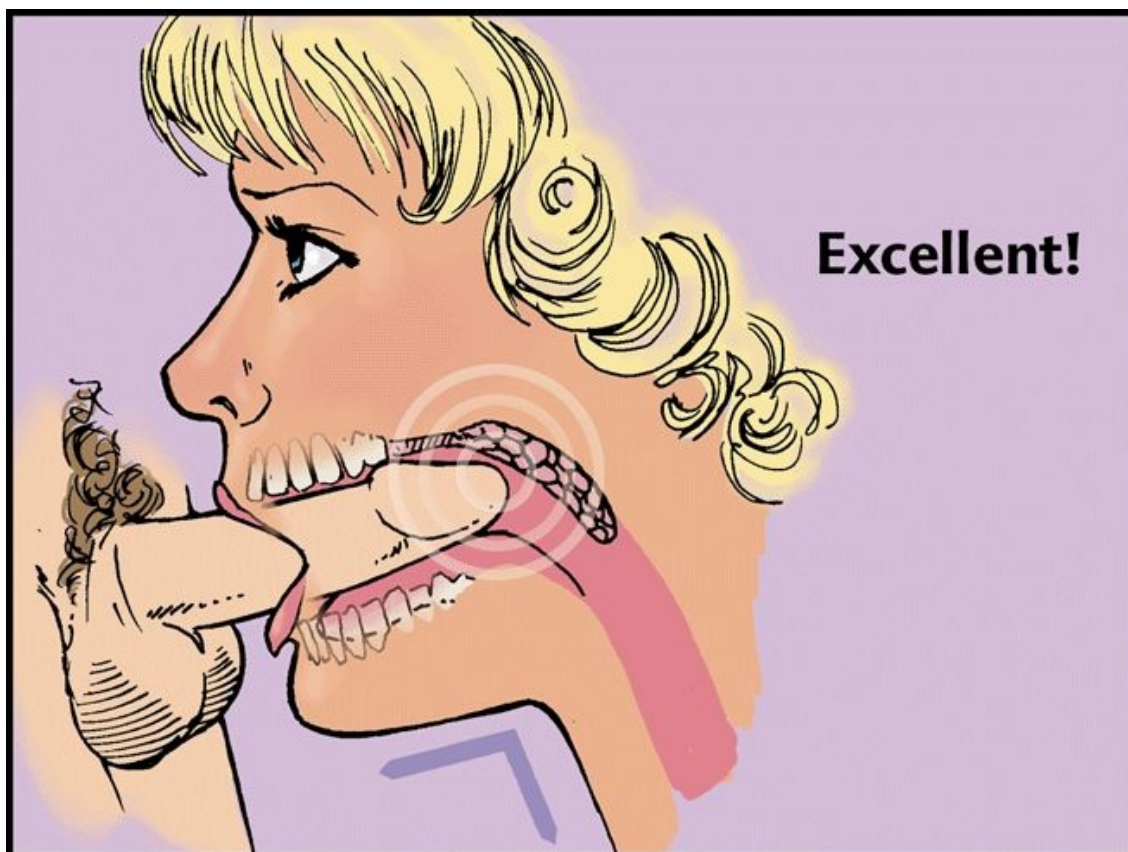
The position a woman sometimes takes in irrumation or "face-fucking" is to lay on her back with her head propped up on a pillow. The man straddles her upper body and thrusts his penis in her mouth. He does the work of thrusting and she has good access to his testicles and rear end. She can also stimulate her clitoris at the same time. But some women feel claustrophobic with the guy on top or they fear he will thrust too deep. Putting your hand around the shaft of his penis will decrease any chance of this.

Some couples enjoy lying on their sides facing each other. That way, the woman can lay her head on a pillow while she is giving him oral sex.

Deep-Throat Myth

Truly great blowjobs have nothing to do with deep-throating a man. Deep-throating is more of a novelty than something that makes a penis feel great. If your man insists that you deep-throat him, buy a vegetable that's the same size as his erect penis. Hand it to him and say, "Let's see how you'd feel if I shoved this thing down your throat."

As was said in the porn movie *How to Perform Fellatio*: "The most sensitive part of the penis is the top part, so stop wasting your time on the bottom," and the male porn actor who uttered this profound statement had a penis with a great deal of bottom part as well as top part.



Inspired by illustrations from Violet Blue's "The Ultimate Guide To Fellatio" 2nd edition

The Most Sensitive Parts of the Penis

The average penis has areas that are sensitive and other areas that are mostly for show. The part you will want to focus on is a sensitive nickel-sized area called the frenulum. It's just below the head on the side of the penis that's away from his body when he has an erection. Many men can be brought to orgasm by stimulating this area alone. ([See the illustration.](#)) The seam of the penis that runs from the scrotum to the head also responds to tender kisses, as does the entire scrotum.

For some guys, especially those who are not circumcised, the head can be really sensitive. Find out how he likes you to suck or lick the head right before and after he has an orgasm. The head can become painfully sensitive after orgasm. Ask him about this.

BlowJob Basics Whether He Is Circumcised or Not

Slobber: People who are neat freaks often try to swallow all of their drool when they give blowjobs. This can result in near drowning. Let gravity carry your saliva down a lover's penis. You can use your saliva as a lubricant for pumping the bottom part of his penis with one hand while doing the upper part with your mouth. Place a towel under your partner's rear or wedge one behind his testicles so there won't be a big wet spot on the mattress, chair at the library, seat of the plane, bus or where ever he's lucky enough to be receiving a blowjob.

If It's Still Soft: Some women enjoy sucking on a soft penis. They like feeling it grow inside their mouth. But even if it stays soft, each kiss, lick and suck will feel just as exquisite. One of the few times when a man can be totally passive and feel no need to perform sexually is while he is receiving a blowjob. Don't assume it's a negative sign if he takes a while to get hard or if he doesn't get hard at all.

Lubrication for Licking: When you first lick a man's genitals, coat your lips and tongue with extra saliva. If you suffer from the dreaded pre-blowjob dry mouth, try sucking on a mint beforehand to help kickstart your salivary glands. The mint might also help take the edge off the taste. It never hurts to keep a glass of water nearby.

Teeth: Some women make a ring around the penis with their thumb and forefinger. They push their lips against their fingers to make a gasket that can help keep their teeth off the shaft of the penis. Others wrap their lips over their teeth when giving a blowjob, given how the mere hint of teeth on the penis scares some men. But a set of sexy choppers can sometimes be erotic, as long as the woman is not in a pit-bull mood.

Little Kisses & Flickering Tongues: Never hesitate to lavish a man's penis or any other part of his body with flicks of the tongue or sweet kisses. Kissing his penis can give your jaw a much needed rest during the middle of a blowjob, especially if he has a lot of girth.

Twisting Your Head: Twisting your head when going up and down (in a corkscrew pattern) creates a higher level of stimulation.

Twisting Your Head, and Your Tongue on the Frenulum: Stimulate his

frenulum with your tongue while twisting your head.

A Shirley Temple: Soften your tongue and give his penis a long flat lick with it. This is called a “Shirley Temple” because it’s similar to the way a person licks a big lollipop.

The Long Lick Nature: left a seam on the penis that runs from just below the head to halfway down the scrotum. Never hesitate to take a long, wet lick from beneath your partner’s testicles all the way to the tip of his penis, along the length of the seam.

Pumping the Shaft: While your lips are focusing on the upper part of the penis, there’s no reason why you can’t be pumping the bottom part of the shaft with your hand or fingers. Let your saliva flow down the shaft, lubricating it and your hand. Then start pumping. Some women synchronize the shaft pumping with their head bobbing, so their hand follows just beneath their lips at all times.

The Vacuum (Hoover Fellatis): Some men like it if you draw a slight vacuum with your mouth. One way to draw a vacuum is to take as much of the penis in your mouth as feels comfortable. Then make a seal around the shaft with your lips, and suck some of the air out of your mouth. Then, as you pull your head back, a vacuum is created.

Man Nipples: Some guys’ nipples are highly sensitive. Caressing them with your finger while doing oral sex might add to the man’s pleasure. Experiment and seek feedback.

Inner Thighs and Other Places: The inner thighs of both men and women can be extremely sensitive. There’s no reason why you can’t alternate a blowjob with licking and sucking on your partner’s inner thighs, or caress them with a free hand.

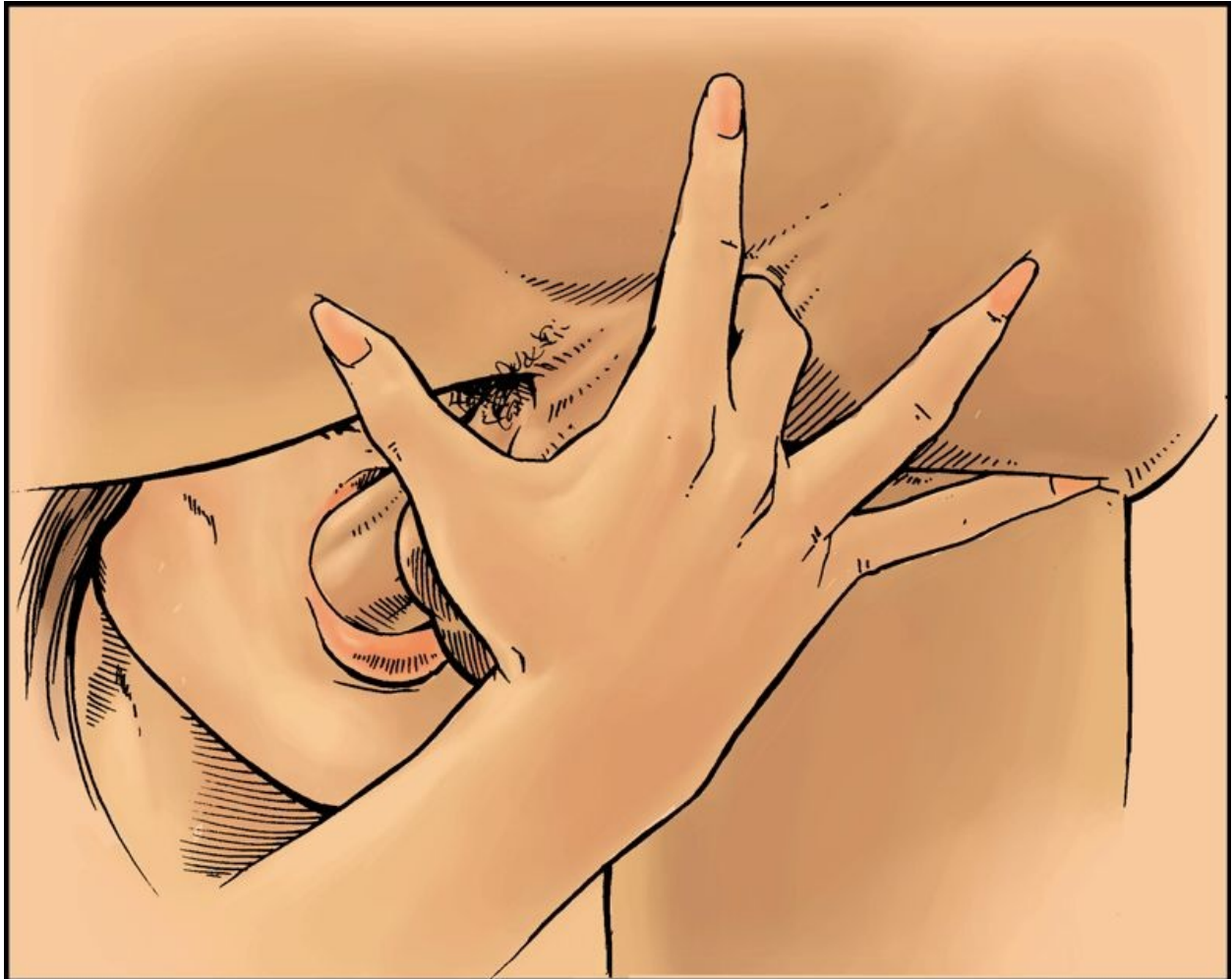
Fingers in His Mouth: While you are blowing him, you might try sticking your fingers in his mouth. Some men find this to be erotic.

Perineum (between the Testicles and Rear End): There is an area behind the testicles called the perineum that is often overlooked but has the potential for good feelings. Licking this area can light some men up. Gentle finger massage down there can also be good.

The Blow Hole: Explore the slit in the head of his penis with the tip of your

tongue.

Rear End: Some men welcome a finger on or up their anus when receiving oral sex. Some say their most intense orgasms are during oral sex while a finger is on their prostate. Other men hate this. Also, a small vibrator up a man's buttole might catch his attention, and some men greatly enjoy being rimmed.



Visual Assist: Plenty of men enjoy watching a woman give them head. Some women might be offended by the notion, thinking it has something to do with submission. The chances are that the man is way too appreciative to be thinking about gender-power issues when you are giving him a blowjob. In her video on how to give blowjobs, porn star Nina Hartley comments, "It took me a long time to be able to do a blowjob in the light and not get embarrassed." She apparently got over it.

Oral Intermission: If your mouth gets tired, do your partner by hand for a

while, or run your hair over his genitals. Or let him watch you play with yourself or put one of your nipples in his mouth. Don't be afraid to let him know about it if you are turned on. It may help speed things up.

Tap & Hum: Try to occasionally hum or tap the shaft of the penis when the head and frenulum are in your mouth.

Hot, Cold, *Etc.* Suck on ice cubes to make your mouth cold, or drink hot liquids to make it extra-warm before and during oral sex.

Going Down after Intercourse: Some women find it erotic to suck on a penis after it has been inside of them. Others not so much.

Help from Your Friends: If you have a friend who is more experienced at giving blowjobs, consider asking her or him for pointers, but keep in mind that you will soon be evolving your own style. What you do will also vary depending on the man you are doing it with.

Blowjob Tips for When Your Partner Is Intact (Not Circumcised)

If Your Partner Isn't Circumcised #1: Without retracting his foreskin, hold the sides of his foreskin with your fingers and stick the tip of your tongue inside of it. Run your tongue in a circle around the head of his penis. Depending on how much yardage there is, you might also be able to pull his foreskin up around your tongue.

If Your Partner Isn't Circumcised #2: By varying the level of vacuum in your mouth, see if you can make the foreskin come up and down over the head of his penis as you bob your head.

If Your Partner Isn't Circumcised #3: Ask your partner at what point he wants you to retract his foreskin (pulling the extra yardage down the shaft so the head is bare). If you don't retract his foreskin, the blowjob will last a lot longer because he's not getting as much stimulation.

Making the Foreskin Taut: This applies as much to men who are circumcised as for those who aren't: Wrap your thumb and forefinger around the shaft of his penis an inch or so above the scrotum. Then pull it down to the scrotum. This makes the skin tighter and usually increases the sensitivity in the upper part of the penis. It might also help him to come sooner if he seems to be taking forever. If he isn't circumcised, you may need to start higher up the shaft before pulling the foreskin down.

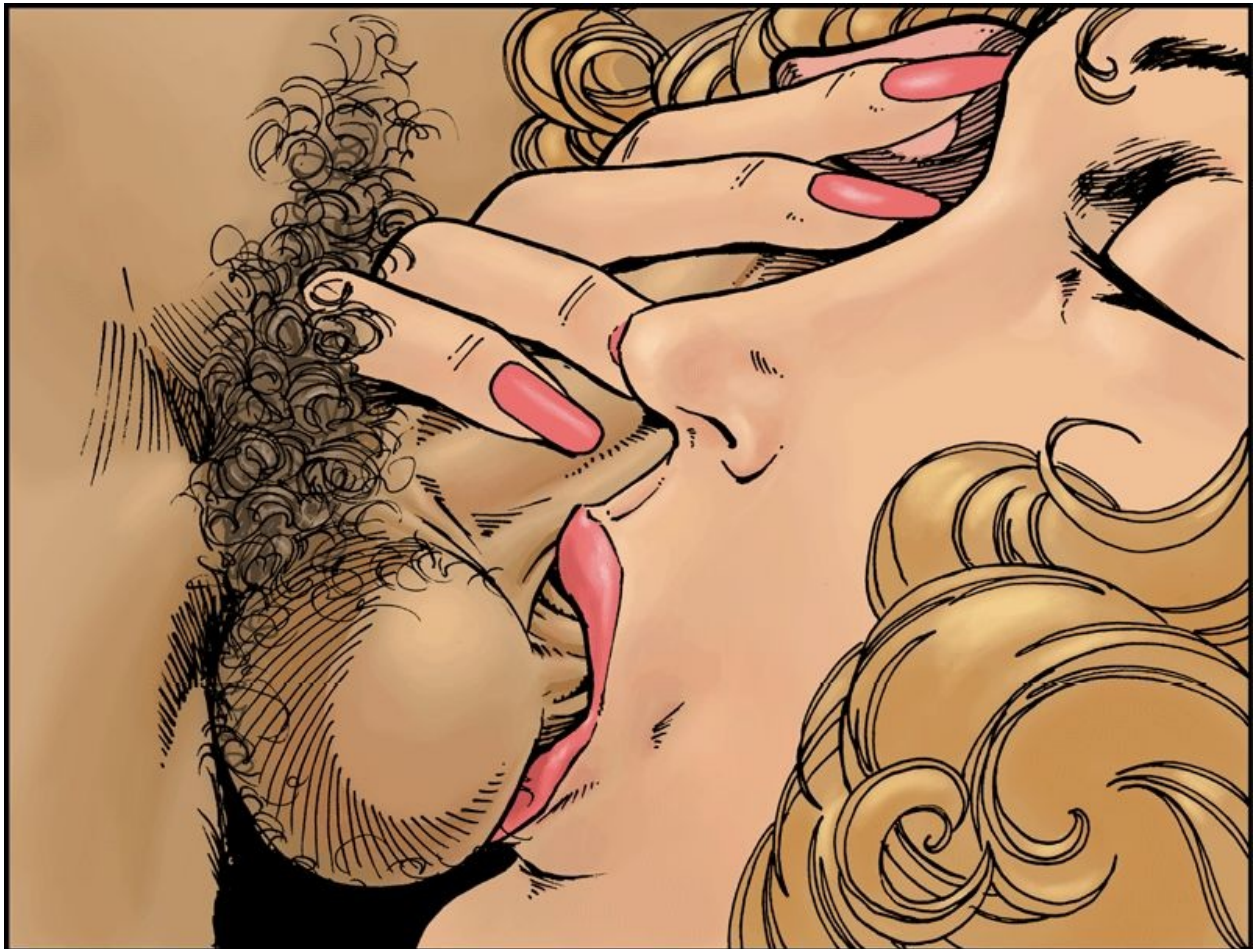
Fingers during Blowjobs

Fingers are as important to blowjobs as they are to sign language. Try caressing his testicles when you are giving him a blowjob. Also, the part of his penis that runs under his scrotum might also respond nicely to fingertip massage while you are giving him oral sex. Massaging this area with your free hand can increase the sensation for some men. (See this [illustration](#).) If you make hand play a part of oral sex, he's not as likely to notice when your mouth needs a rest.

Teabagging or Cojones by Mouth

“I love my boyfriend’s testicles. I like taking them into my mouth one at a time and sucking on them. The skin on the sack is really soft and feels great in my mouth.” *female age 23*

Some men will appreciate it if you take one or both of their testicles in your mouth. Don’t fear doing this. Just go slowly until you get the hang of it. The skin around the testicles (scrotum) also loves being licked and kissed. If your partner doesn’t have an erection, you might be able to fit his testicles in your mouth as well as his penis.



Right before He Comes

There might be things you can do just before a man starts to come that will increase his pleasure. Some women wrap a hand around the bottom part of the penis. Others place their fingertips along the seam on the front side of the penis and apply a bit of pressure. You might be able to feel the ejaculate surge through his penis when you do this.

Some men appreciate it if you increase the vacuum in your mouth as they are about to come, but be careful about sucking the ejaculate into your sinuses as it spurts out. Some men enjoy it if you hold or caress their testicles or massage the part of the shaft that's beneath them. Let him know that you would like to experiment and seek his feedback.

A sex worker who helped with this chapter said plenty of men like to have their nipples pinched or caressed as they are about to come.

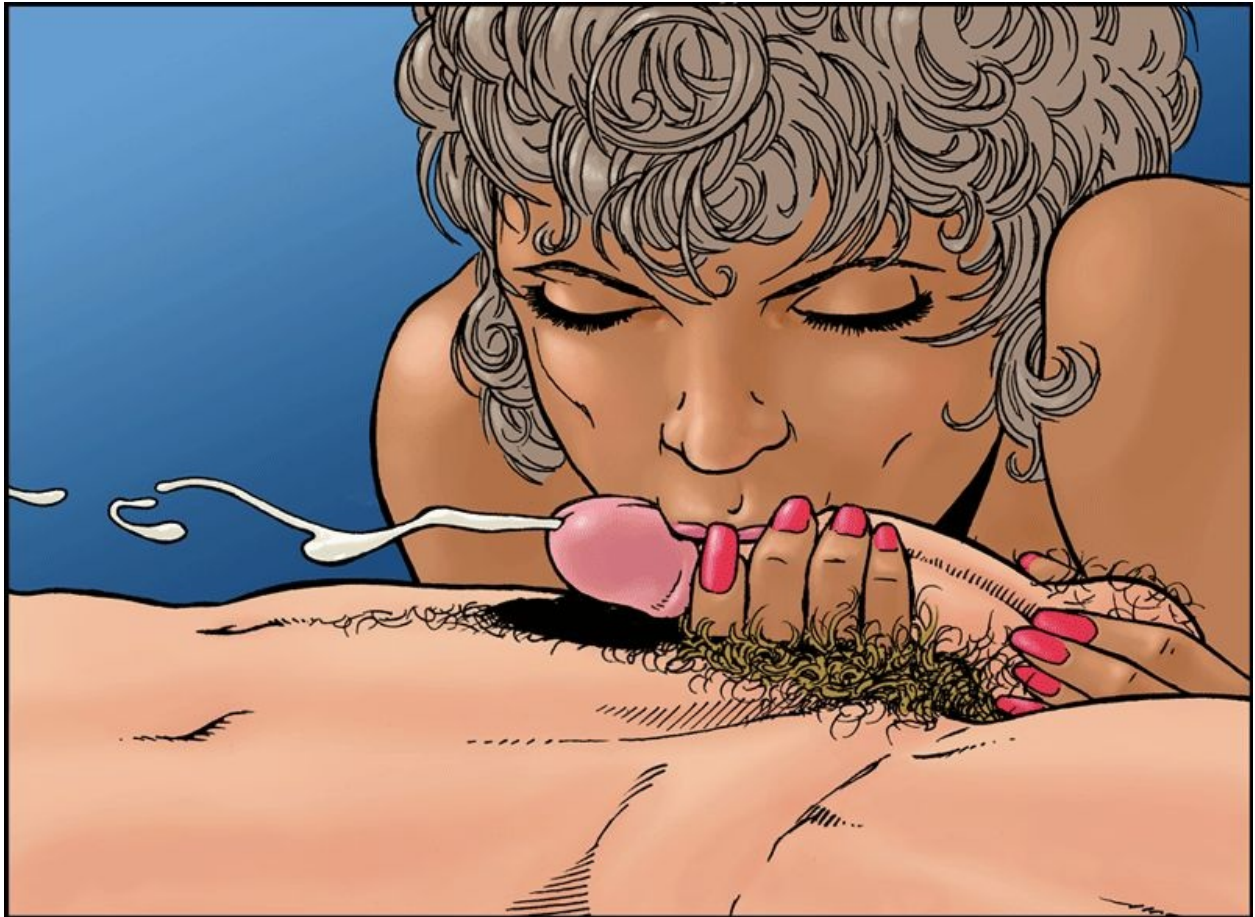
Learn When He's Coming

If you know the right signs to look for, you can often learn when a man is about to come. This will give you options to get your mouth out of the line of fire if you don't want to swallow.

As he's about to ejaculate, his penis will start to swell. You can feel this in your mouth. A hand over the testicles may be a good source of information, as testicles usually draw closer to a man's body when he is about to come. Also, his rear end or abs might tighten up or his hips might give a thrust when coming is inevitable.

Oral Sex with Men of Size

Oral sex may be problematic if your partner's penis is enormous. Never fear. The illustration below shows how you can give great oral sex without having to dislocate your jaw. Use your hands to pump the shaft while focusing your lips on the frenulum.



An Effective Way To Get Him Off Orally When You Don't Want To Swallow or When He's Too Big to Fit in Your Mouth

This feels so good that a lot of guys won't be able to tell you aren't swallowing unless they are looking. The trick is to focus your lips around the sensitive frenulum area (just beneath the head) while cradling the rest of his penis with your hand. Use lots of saliva and put plenty of tongue into it—almost like you are French kissing this part of his penis. Occasionally fill your hand with hot steamy breath.

If You Don't Like the Way He Tastes

If you're not going to swallow, keep one of your hands around the base of your partner's penis. As he's about to ejaculate, free your mouth from the line of fire and slide your hand up the shaft. Then start pumping his penis with your hand. Use a firm grip and pump fast and furious. Don't stop pumping just because he starts to ejaculate.

Here are other suggestions if your taste buds are at war with semen:

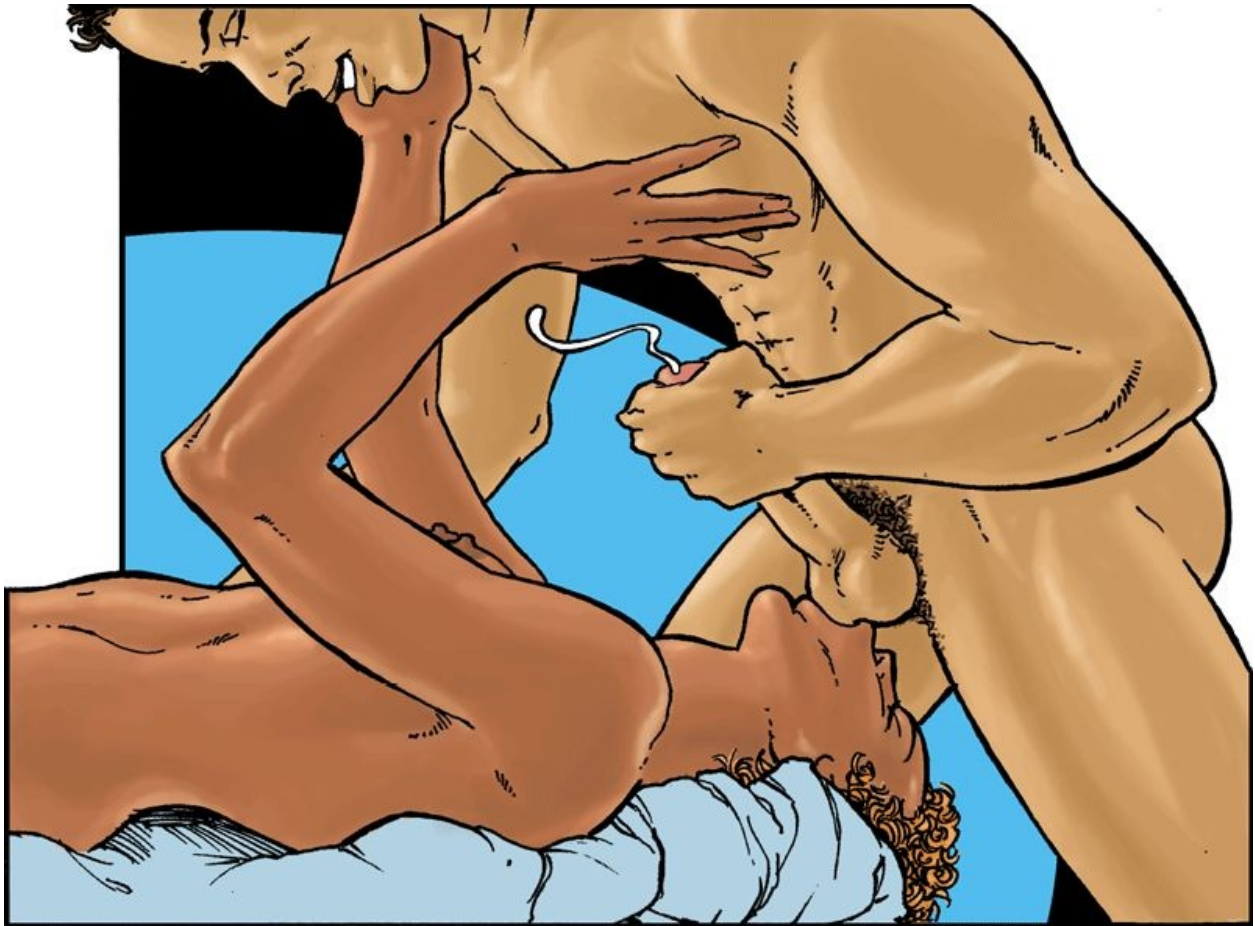
Toothpaste, Mints, or Sweet Liquor: Sticking a dab of toothpaste in your mouth before inserting a penis can improve the taste greatly, or try sucking on a mint beforehand. Try sipping on your favorite sherry or liquor, unless you are a confirmed whiskey or tequila drinker. Or you might try glazing his yam with honey, jam or whipped cream. Champagne blowjobs can be fun, although they can result in hangovers. If you enjoy minty liquors such as creme de menthe, do a small test patch on the side of his penis first. While a little mint or menthol on the skin can feel great, too much can burn. It takes a few minutes for the full intensity to peak, so wait before declaring your test a success.

Slobber and Punt: When Old Faithful about to blow, mobilize a pool of slobber in your mouth. The saliva will help thin the ejaculate, making it run out of your mouth faster. Make sure there's a towel underneath to catch the mess.

The Back of Your Tongue: If you are going to swallow but want to decrease the taste, place his penis as far back in your mouth as you comfortably can, then start swallowing fast. This keeps the semen from coating your taste buds.

Sublingual Ejaculation: This tip is in the excellent book *Tricks — 125 Ways to Make Good Sex Better* by Jay Wiseman. When it feels like a man is close to coming, put your tongue over the head of his penis. He won't know the difference, but the first splash will hit the underside of your tongue where there aren't any taste buds.

Let Him Help: Some guys won't mind finishing themselves off if you have taken the time and energy to give them a really good blowjob. It might be a special treat if you kiss or suck on his testicles as he pumps himself to orgasm.



This position is also good for deep throating your partner if that's what you want to do. That's because it helps to straighten the pathway down your throat. While this position may be better for deep throating and teabagging, it's not nearly as good for regular blowjobs.

Bag It: There are flavored condoms made especially for blow jobs. But never use the same condom for intercourse, as it's easy for your teeth to make tiny rips in the condom without you knowing.

Jewelry on Your Tongue or On His Penis?

If you have jewelry on your tongue, experiment with ways of focusing it on parts of his penis for an added effect. If he has jewelry on his penis, explore ways of working it with your tongue or mouth, but don't suck on it; you don't want to risk swallowing it.

Putting a Condom on with Your Lips

An experienced partner can slip a condom over a man's penis with her mouth and he will never know it is there. In her book *The Ultimate Guide To Fellatio*, Violet Blue suggests you wet your lips and put the unrolled condom up to your mouth. Pull just enough vacuum to suck the reservoir tip of the condom into your mouth. This should hold the rest of the condom against your lips. Bend over the penis and push the condom against the top of the head. Then walk the unrolled part down the shaft either with your lips or fingers.

A key to this is getting flavored condoms. Be sure to check the consumer reviews, as some flavored condoms taste pretty bad. Also, if you don't mind the taste of the lubricant, condoms made of polyurethane might transmit the warmth of your mouth better, and feeling the warmth of your mouth is one of the best parts of receiving a blowjob.

WARNING! Do not put a condom on a man's penis with your mouth if it's for intercourse. Your teeth can easily make micro tears in the condom, which will render it ineffective for birth control.

When a Man Balks about Using a Condom

If you want a man to use a condom while giving him a blowjob, but he refuses, say loud and clearly, “Forget it, Charlie! If you think it tastes THAT great, suck on it yourself.” (Although he probably would if he could, and he has probably even tried.) To help increase the sensation, hawk a small wad of spit or lube on the head of his penis before, Then put the condom on him and squish the lube around the entire head. Also, polyurethane transmits warmth way better than latex, so use a condom made of polyurethane if you don’t mind the taste of the lube. He’ll hardly know it’s on.

While He's Coming, and Afterward

If you are keeping his penis in your mouth, find out if he wants you to do as he's coming, for instance, to suck harder, suck less, pump his shaft with your other hand, or what. Then get a sense of how sensitive his penis becomes right after he ejaculates. For some men, the head can become painfully sensitive. Ask if he wants you to keep his penis in your mouth, and if so, how much stimulation to apply.

When a man is masturbating and he has ejaculated, he might push his fingers into his scrotum to rub the hidden part of the penis that's between his testicles. This will help push out any remaining semen. It's the equivalent of wagging his penis after he pees. You might ask him about this. Perhaps he can show you how, assuming it's what he does.

Pre-Cum Jitters

Some women who are giving oral sex experience a brief paralysis or mini-dread right before their partner ejaculates. If this keeps happening, try to talk to your partner about it. Maybe he can give you early warning before he's going to come so you can stop sucking and start pumping by hand. Perhaps it will help to put a condom on his penis before giving him a blowjob, Or try doing what's shown here.

If He Can't Come From Oral Sex

This is where one woman's blessing is another woman's curse. Some men don't come from oral sex no matter how wonderful a blowjob is. Even if a woman doesn't like to swallow, she's likely to assume she didn't do a good job. So he will need to reassure her how good her blowjob was, and that he's simply wired in a way that this isn't how he has an orgasm. You will also need to settle on how long blowjobs should last.

His Hands on Your Head

Men will often put their hands on a woman's head when she is giving oral sex. For most guys, this is a loving gesture which can also be used to let a partner know what feels good and what doesn't. However, some men will put their hands on a woman's head in an attempt to push it down onto the penis. This is rude, and you need to tell him to stop.

Counterpoint: One woman says, "It can be particularly exciting when a man pushes my head down on his penis. But I would never have sex with a man who I didn't love going down on. Also, you make a joke out of it when a woman grabs a man's head and pulls it into her crotch in the other chapter, but call it assault when a man does this to a woman. You present a double standard that says we women are either more fragile than men or more easily offended when it comes to sex."

Research Findings

One of the more interesting articles about the hazards of oral sex was published in a medical journal by a group of military dentists. (Bellizi, Krakow and Plack. Honest; Dr. Plack is a dentist). The article is titled “Soft Palate Trauma Associated with Fellatio.”

The article tells about the daughter of an officer who was taken to the base hospital because she discovered a black-and-blue blotch in the back of her mouth. Several dentists converged on the mystery blotch, trying to discover its origin. After eliminating all other possibilities, the dentists asked the officer dad to leave the room and then popped the question: “Gotta boyfriend?”

In the back of the mouth near where the tonsils are is a highly vascularized mass of tissue (vascularized means lots of small blood vessels). The head of an erect penis hitting against this tissue can cause a bruise. It goes away like any other bruise, but it is a reminder that the woman, and not the man, should control the thrusting during a blowjob.

Ejaculate-Related Sinus Infections

Some women like to create a vacuum around their lover's penis. This can feel heavenly. However, when a man comes with the head of his penis in the back part of a woman's vacuum-pulling mouth, the vacuum can draw ejaculate into the woman's sinus cavities. This can create a cum-related sinus infection. If this is an issue, the couple should work on keeping the head of his penis in the middle part of her mouth when he is coming. Another solution is for him to wear a condom.

Lasting Shorter vs. Lasting Longer

“Why is it when you are giving men head, they take forever to come, but are so much faster when having intercourse?” *female age 29*

During intercourse, most guys will make an effort to last as long as their partners want, sometimes successfully. This is not appreciated nearly as much during oral sex. When a man is receiving oral sex, he should not try to delay his climax. If your partner is one of those lucky guys who can orgasm at will, you might devise a signal for when you'd like him to come.

Things a Man Can Do to Help a Woman Who Is Giving Him Oral Sex

To help a partner give you the best blowjobs, it's important to give each other feedback. Here are some other things, as well:

Smells: Based on thousands of sex surveys, the number one complaint women have about giving guys oral sex is smelly balls. Whether you are going out on a first date or have been married for twenty years, if you want to receive oral sex, shower and don't wear the same underwear for more than a day without washing them. If everyone including your cat runs out of the room when you take your shoes off, use foot powder or foot spray. Deodorant can also be a wonderful thing, as well as brushing and flossing your teeth. (Kissing often precedes and follows a blowjob.) If you wear cologne, ask your partner how she likes the smell of it, as well as how much you should use. Some guys smell great from just bathing alone, or she might like you marinated with a citrus or spice.

Uncut? All good things have their downsides, and smegma is a downside of having a healthy, intact penis. Why not establish a pre-blowjob routine where you go to the bathroom, retract your foreskin, and tidy up a bit around it?

Pube Tug: Tug on your pubic hair ahead of time so you'll pull out the strays that might end up in your partner's mouth.

He Who Gives, Gets: To get great oral sex, give great oral sex.

Avoid Arrogance: Never take blowjobs for granted. Be thankful whenever you get one, even if your partner loves doing it. Tell her how good it feels. Ask yourself, "What have I done lately to deserve a blowjob?" Did you give your partner a full body massage? Did you help her with a challenging project? Have you done your share of the housework? Did you respond kindly in a situation where most people wouldn't have?

Attitude: Never cop an attitude such as "My last girlfriend blew me really well. Why can't you?" There are reasons why you aren't with your former girlfriend.

The Deep-Throat Fantasy: A throat is not a vagina. If a woman gags on your penis, she won't be excited about sucking on it again.

Feedback: The best oral sex requires a doer who is willing to accept helpful feedback and a receiver who is willing to give it.

When Is Asking for Oral Sex Okay?

Every once in a while you might have a horrible day and are in desperate need of a blowjob lest you totally fall apart. If you don't abuse the privilege and have a loving partner who hasn't had an equally hideous day, it could be fine to ask or beg for a blowjob. However, it's rarely a good idea to routinely ask for oral sex. Few women take well to being pestered for blowjobs. Talk to your partner about whether it's okay to ask for oral sex, and if so, under what circumstances.

Improving the Way Your Ejaculate Tastes

It is certainly possible that ejaculate, like cow's milk, can take on flavors of what the beast eats, including its favorite vices. Unfortunately, there is no science to guide us on this matter.

It has been said that dairy products make ejaculate taste bad, but not nearly as bad as asparagus. Curry is a spice of interest. Smoking and/or drinking coffee might cause ejaculate to taste strong or bitter. Perhaps Starbucks can formulate a new blend and call it "Sweet Wad."

Some people claim that vegetarians, both male and female, taste better than their carnivore brethren. However, it is likely this is just propaganda from cows and chickens. One woman said that her partner's ejaculate tasted good unless he was under a lot of stress at work. Then it would start tasting bad. Perhaps adrenalin and hormones associated with stress might cause semen to taste funky.

Drugs are another possible culprit. Whether it's over-the-counter drugs such as antihistamines, prescription drugs, or recreational drugs like speed, people claim that drugs can taint the way semen tastes.

One common suggestion for improving the taste of male ejaculate is to eat sweet fruit such as pineapple and apples. The sugar in the fruit is supposed to give semen a sweet taste. Perhaps this is just folklore. But if this is what a partner asks you to do with the carrot of giving more blowjobs, most guys would become the pineapple industry's best friend. If your partner is willing to be the taster, why not experiment with different combinations of food? Does ingesting a little cinnamon make a difference? What happens if you drink less coffee or eat less broccoli or garlic?

If your ejaculate is extremely bitter, consider seeing a urologist to screen out the possibility of an infection in your prostate gland. Although you might not be feeling pain, it's still possible to have an infection. It might be embarrassing to call a doctor's office and say, "My girlfriend says my cum tastes bitter." So just tell the receptionist or nurse that you'd like to rule out a prostate or urinary-tract infection. Then tell the physician the real reason once you see him or her in private. You shouldn't take antibiotics for this unless tests have been done and show a problem. Antibiotics are not breath mints for your penis.

Readers' Comments

"I am certain that women would give more blowjobs if they didn't feel like they had to swallow." *female age 43*

"Cum is not a gourmet treat, but not unpleasant. I'd rather be eating mocha-chip ice cream, but getting there isn't half as much fun. My partner's orgasm is often a total turn-on for me, and occasionally just a relief that the blowjob is over with." *female age 47*

"If he smells bad down there, it's a turn-off for me." *female age 34*

"It is a major power trip for me if he comes in my mouth. I like knowing I have the ability to turn this big strong man into a sack of Jello." *female age 37*

"I used to tell my partner that I was semen-intolerant." *female age 26*

"I like running my tongue around the head and sliding it in and out of my mouth. I like to take his penis in my mouth as far as possible and rub my tongue on the underside of it, pushing the head into the roof of my mouth. It seems to drive him crazy." *female age 37*

"More than anything it feels so good because I am in control." *female age 43*

"When it comes to blowjobs, let the lucky son of a bitch treat you like a queen, honey, because you are." *female age 48*

"I never was very good at blowjobs until I had a lover who had a small penis. Then I felt comfortable with him in my mouth." *female age 34*

"It feels very sensual if he lets me take it at my own pace. I think the penis has the most wonderful velvety skin." *female age 38*

"I like to give head, so I don't need much persuasion. I get really wet from giving someone that kind of pleasure, and I always feel so powerful when I do it." *female age 23*

"I only like it if I can keep the hair out of my mouth. I enjoy it only because I know he enjoys it so much." *female age 35*

"I like it. I especially like the little leaks before he comes. I think cum

has an interesting taste, sort of fizzy.” *female age 38*

“I have discovered that we both find it erotic to have him come on my face or on my breasts when I give him head. I don’t care for the taste of his semen.” *female age 22*

“If I’m in the mood it’s really sensual. If I’m not it’s like a job.” *female age 43*

“I really don’t like it when he comes in my mouth. I kind of gag on it.” *female age 26*

“It’s fun to suck on a limp penis until it hardens.” *female age 37*

“One thing that’s really neat about sucking on a guy’s cock is watching it change shape and color and get harder. You’re right up there in the front row. You don’t get that with intercourse.” *female age 42*

“I’ve observed that not all guys come as much; some have very little, and others lots and lots.” *female age 27*

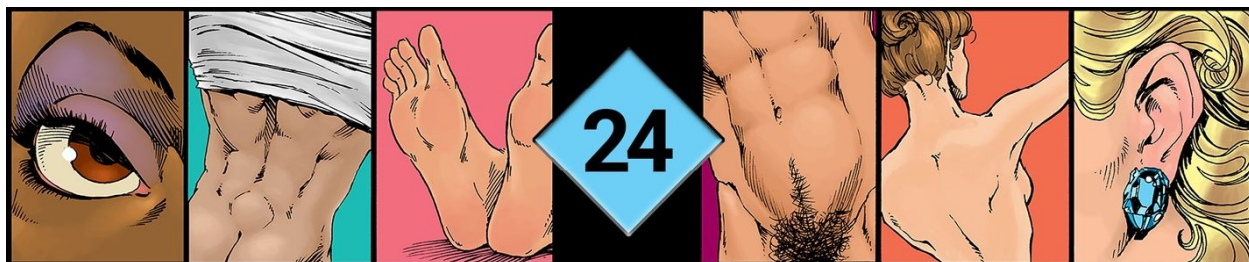
“Never forget to caress and tickle the balls.” *female age 44*

“My mouth and hand work as a team. As I pull away with my mouth, I twist my hand almost like a corkscrew.” *female age 26*

“I love to give head, but I hate to feel pressured into doing it. Also, remember what goes around comes around. If I’m the only one going down, I’ll be less likely to do so again.” *female age 26*

“Please don’t do it like they do in the porno flicks, where the girl just about bobs her head off. Not a turn-on.” *male age 46*

“Don’t be fooled by the name. Blowing has nothing to do with it.” *male age 26*



Condoms: For The Ride of Your Life

Besides the seriously hot illustration on the next page, there's not much that's sexy about condoms except for the sex you have after you put one on. Like athletic cups and bicycle helmets, condoms are something you should use but don't necessarily want to. If it weren't for saving your life from sexual infections and helping prevent unwanted pregnancies, no one would use condoms except maybe for anal sex.

So from the start, *The Guide* is being more straightforward with you about condoms than just about anyone else. Hopefully you can trust that what follows is honest and true.

Making Condom Use Sexy — It Can Be Done!

“It would really help if I could finger her while she put the condom on me.” *male age 24*

Few lovers talk about ways to help each other stay aroused when putting on a condom. Here are some possibilities:

Anticipation: A woman slips a condom into her partner’s pocket followed by a welcome kiss, fingertips across the front of his pants, and a few words about what she’s looking forward to once the condom is on.

While Masturbating: Some women find it arousing to watch a guy put on a condom and stroke himself. Or as a special treat, he gets to watch her playing with herself while he’s putting on a condom.

While Sitting On His Face: She puts the condom on him while straddling his face, like in this [illustration](#). Or he can put the condom on while she kisses his testicles, but she should avoid getting saliva on the base of the penis where the condom needs to grip. *Putting on a condom with your mouth is a bad idea unless it’s just for oral sex, as it’s easy to leave tiny nicks in the condom with your teeth.*

Grinding: She can rub her genitals against his thigh or another part of his body as he is putting the condom on.

Talking Dirty: If the couple finds talking dirty to be arousing, she can be telling him about some of the things she wants them to do as he’s putting the condom on or as she’s putting the condom on his penis.

Hand Action: She caresses his penis and testicles, then opens the condom package but puts it down and strokes and caresses some more, and then after enough teasing, puts the condom on his penis. Keep in mind that precum can transport sexually transmitted infections.



If a Woman Feels Awkward Putting a Condom On Her Partner

A lot of women would like to try putting the condom on, but feel awkward asking. This is something a couple should discuss. Fortunately, putting on a condom can become a turn-on for both partners instead of an interruption, and when a woman puts a condom on a man, it's an important signal that the sex is consensual and mutual.

Foreskin Wedgies? Getting It Wrong from the Start

When a question about condoms for men who aren't circumcised was posted on a listserve for sex educators, the mass reply was, "Get extra-large condoms," as if guys who are uncut should be wearing condoms that are extra-large. Can you imagine if a woman posted a question about bras and instead of asking for more information, the fashion experts told her to "Buy the biggest bra you possibly can!" Unfortunately, when it comes to foreskins, sex educators in North America are sometimes in the dark ages.

Penises come in different sizes and shapes. Fortunately, condom companies make condoms that come in different sizes and shapes, from snug fitting to condoms with extra headroom. This lets the head of the penis slosh around inside the baggy part of the condom, which can feel really nice. You might like these whether you do or don't have a foreskin.

Part of your job as a couple is to explore using different kinds of condoms and find a few brands that work best for the two of you. [Here's our monster list of condom sampler packs.](#) Once you find a couple of favorite brands, stock up on them. Also try the female condom. Some men who are intact say the female condom feels great.

Condoms work well for the vast majority of men with foreskins. However, if you are uncut and are having condom-related problems, you might try retracting your foreskin if it retracts and put a drop or two of lube on the head of your penis before putting the condom on. After you put the condom on, work the foreskin back and forth over the head of your penis with your fingers to get the lube all smushed around.

If you are intact and would like to see an excellent video on how to put on condoms for men with foreskins, go to this page at Guide2Getting.com.

If You Are a Woman Who Doesn't Like the Feel of Condoms

You won't believe how many of the women who take our sex survey say they don't like the feel of condoms. So if you are a woman who isn't crazy about how your partner's penis feels when it's got a condom on, you are not alone. This is why it's important for women to weigh in on the matter of which condoms to buy. They notice how condoms feels, and some will feel better to them during intercourse than others.

Some women like the feel of condoms with baggier heads, others prefer condoms that fit more snugly. Some might like the feeling of condoms made of polyurethane because they transmit warmth better. Some might like condoms with nubs or ridges, other might hate them.

Condoms for Birth Control?

If the sole reason you are using condoms is for birth control, please consider more effective methods like the IUD. But if there's any possibility that you could possibly get HIV or other sexually transmitted infections, use condoms no matter what, in addition to a more effective method of birth control.



Need Extra Large Condoms? Some Do, Most Don't

The following account from a reader explains what can happen when a guy who needs a bigger condom isn't using one:

“The one traumatic thing about sex with my first partner in high school was using a condom. I'm on the larger side. The first time I tried to use a condom, it was so tight I could barely get it on and it felt like a tourniquet at the base of my penis. It was awful and I couldn't keep an erection with one on. Unfortunately, I'd read that the whole “the condom's too small” excuse is not valid because someone once squeezed 17 oranges into a condom so it's silly that a guy can't fit into one. So of course I was convinced that something was wrong with me. I kept trying, and once broke two condoms while trying to get them on! I didn't even know that they made large condoms at the time—all I knew was that if I tried to use any condom, sex would end in disaster. All they needed to say was, ‘Larger condoms are available for those who need them’ and my adolescence would have been a lot less stressful.” *male age 26*

While it's easy to blow up a condom to the size of a watermelon, that doesn't mean you can roll a condom over a watermelon. When you first start to unroll a condom, there is a thick ring of condom material that doesn't stretch very much. Good luck getting it over the head of a penis that Nature super-sized. It's only when a condom is fully unrolled that it stretches to obscene proportions, and even then, it might not feel good on a penis that's on the wider end of the spectrum.

On the other hand, if you are buying condoms the size of a circus tent just to impress your friends or a partner, the truth is going to come out once your pants are down.

Lubing Protocol

When you are wearing a condom, you are putting a waterproof barrier between two body parts which nature designed to share fluids. To help compensate, some couples add lubrication to the outside of the condom. For increased sensation, you might also try putting a dab of saliva or a small amount of lube on the head of the penis before you put the condom on. After you've rolled the condom down the shaft, smush the condom material around the head so you are spreading out the lube. This will allow the head of the penis to slip and slide inside the condom during intercourse. (Some condoms now come with lube already on the inside.) Make sure the lower part of the penis is dry and has no lube on it. If you are putting a condom on right after receiving oral sex, be sure the shaft of the penis is dry so the condom won't slip off.

Unless you are using a condom that's made of polyurethane like the Supra or Avanti, be sure the lube is compatible with latex. If the lube doesn't say "safe for use with latex condoms," don't use it.

Tying Condoms Off

Be sure to take a condom off as soon as you pull your penis out of wherever it's been and tie off the end of it. Semen liquefies and becomes watery in a few minutes. It will run out the end of the condom if you don't tie it off.

Marathon Sex and Rough Sex

Condoms usually dry out during marathon sex, so lube up accordingly. However, after you've initially applied lube, try adding water to rehydrate the lube. If you add more lube, you could end up with a gunky, glue-like mess and the woman could get friction burns from the lube.

Intense thrusting shouldn't cause a condom to break if you are wearing the right size and are using lube if you need it. So you shouldn't need to go gentle if both of you prefer a rougher ride.



Reasons Why Condoms Break

One of the most common reasons why condoms break is from damage due to blunt puncture. That's when the condom material gathers more tightly around the head of the penis with each thrust, until the penis bursts through the condom.

If you feel a condom tightening around your penis, pull out right away and make sure the condom material hasn't stretched over the head of your penis. If it has, assume that damage has been done to the condom material, and put on a new condom.

Another reason why condoms break is when couples use lubrication that is not safe with latex condoms. *Do not use Vaseline, petroleum jelly, Nivea, Jergens, hand creams or lotions to lubricate latex condoms.*

Wearing the right sized condom counts. If your penis is of the jumbo variety, use condoms that are larger. If your penis doesn't cast the biggest shadow in town, wear condoms that are snugger fitting.

Teeth, nails and jewelry can cause tiny nicks in condoms that you can't see but sperm love. Do not open condom packages with knives, scissors or your teeth, and check the date. Latex does not last forever.

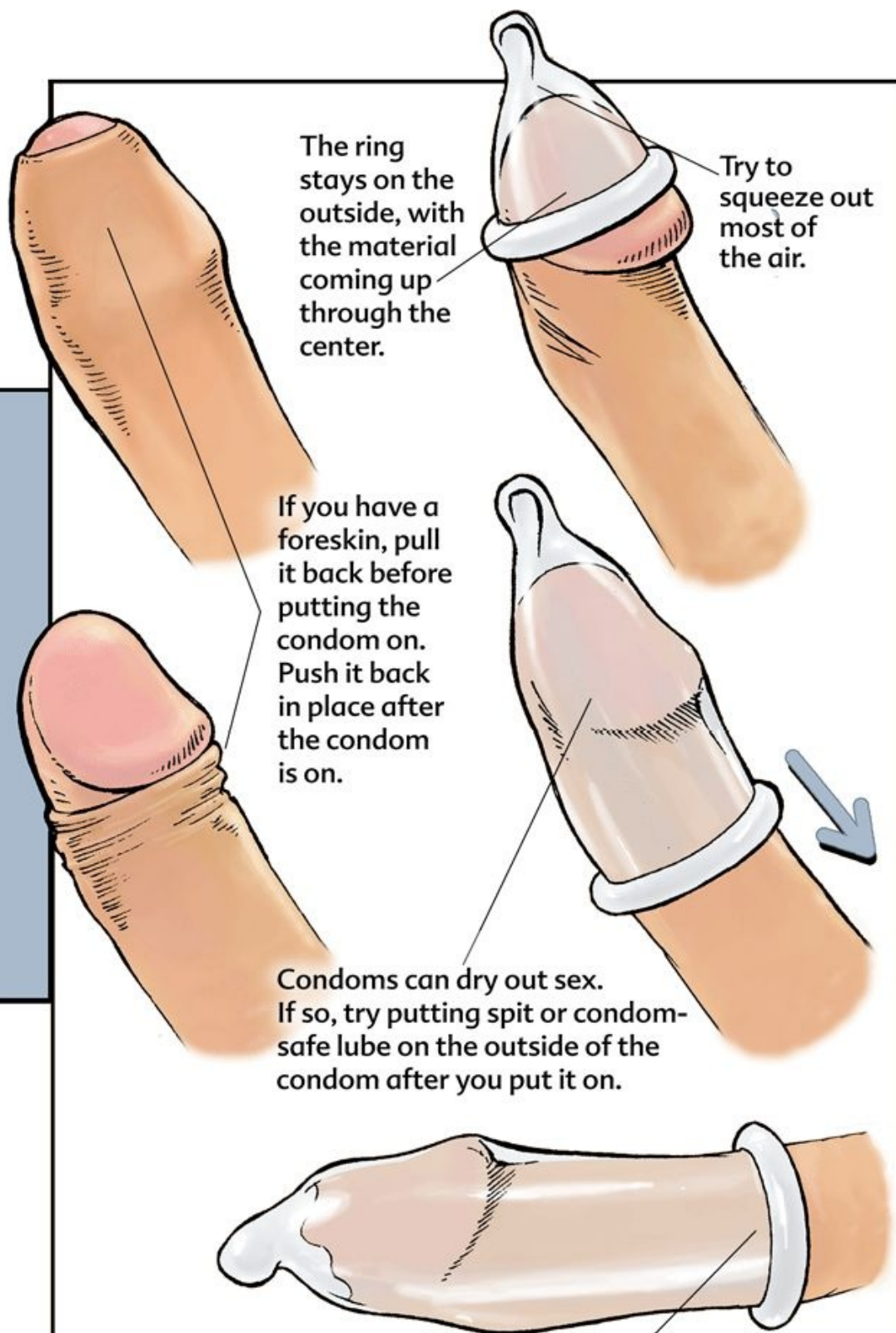
Reservoir Tips May Be Irrelevant

Some condom brands make a big deal about having reservoir tips to hold a man's ejaculate. There are a couple of problems with this concept. The first is that most reservoir tips hold about 2.9 ml. of ejaculate. While half of all guys produce 2.9 ml. or less, there's still another 50% of men who produce more than 2.9 ml., which means their tips runneth over. The other problem with reservoir tips is the unproven assumption that they really do hold the fluid. Reservoir tip or not, try to squish the air out the end of the condom before rolling it down your penis.

Do You Need To Leave Extra Material at the End?

Conventional wisdom advises to leave an extra half of an inch at the end of the condom before rolling it over the head of the penis. But there has never been any science to say whether this is good or bad. So the best advice is to follow the instructions that come with the brand of condoms you are using.

FOR THE RIDE OF YOUR LIFE.



The ring stays on the outside, with the material coming up through the center.

Try to squeeze out most of the air.

If you have a foreskin, pull it back before putting the condom on. Push it back in place after the condom is on.

Condoms can dry out sex. If so, try putting spit or condom-safe lube on the outside of the condom after you put it on.

As soon as you come, clamp the condom against the base of your penis with your fingers until you've pulled your penis out.

If you are uncut and have a long foreskin or your foreskin doesn't retract, don't try to retract it before putting on the condom.

If a Condom Doesn't Come Out When You Do

For a condom that doesn't come out with the penis it rode in on, take solace in knowing there's no place for it to go. The condom might play a mean game of hide'n'seek behind the woman's cervix, but that's about it. The first step in finding a jettisoned condom is to wash your hands and make sure your nails are well-trimmed. The woman might lie on her back with her knees up, like when she's at a gynecologist's. This is no time for modesty: the farther apart her legs, the better. Explore her vagina with your index finger. If lube is necessary, use just a little. Extra lube will make it difficult to grab the condom. Spit might be better.

If female sexual anatomy is one of life's great mysteries for you, see the illustrations in [Chapter 11. What's Inside a Girl?](#). Look at how the cervix is located at the far end of the vagina. It might feel like the tip of your nose. Try exploring the space in the back of the cervix with your finger. It's likely to be there. If so, try to dislodge it and edge it into a more accessible part of your partner's vagina.

Once you have a good handle on where the condom is, you might try inserting your index and middle fingers in the hopes of snagging the rim of the condom between your fingertips which will act like pincers or tongs. Condoms are stretchy, so pull it out by the rim slowly but firmly. If your partner clamps down when you are trying to insert two fingers, go slowly and gently. Her vagina is not going to implode if you take an extra ten minutes searching for the buried latex treasure.

If you were using the condom for birth control, the operative words are *Emergency Contraception*, *Plan B*, *Ella*, or a *Copper IUD*. At the very least, use emergency contraception right away. Do not wait until morning. If you have any questions or concerns, call your doctor or visit an emergency room. For condoms lost during anal sex, [click here](#).

What to do if a Condom Breaks

If you were using a condom for birth control and discover that it has broken while in service, immediately take emergency contraception. *Ell a* and *Plan B* are two different pills used for emergency contraception that can be very effective in preventing pregnancy if you take them right away. Better yet, consider having a Copper IUD installed. It will provide you with years of highly effective, hassle free contraception.

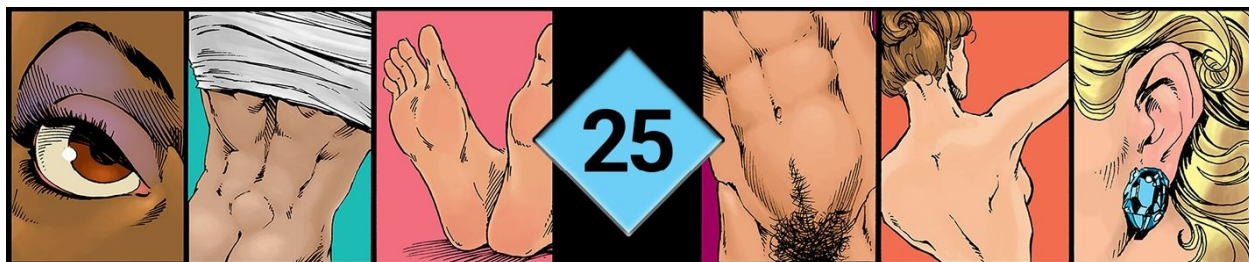
In the meantime, do not inject birth control foam or jelly into the vagina. The pressure might push sperm up the cervix, which is the last place where you want it to go. The same is true for douching. Wash your external genitals and pee. And if you honestly think that douching with Pepsi, Coke or Mountain Dew is going to do anything but prove you're not the brightest bulb on the planet, nothing this book has to say will count for much.

Who Brings the Condom? Reasons for Mistrust

Researchers have found that males don't always trust the condoms that females supply. One fear is that a woman may have poked a hole in it if she wants to become pregnant, as if this is every woman's secret dream. A second concern is that she may have had the condom in her purse since she was in junior high. Women sometimes mistrust male-supplied condoms as well: How old is that puppy? Did he have it in the same pocket with three jump drives and his car keys? Did it go through the wash? These problems can be greatly reduced if you talk about it first and perhaps order condoms online or buy them in a store together.

Resources

For an excellent video on how to put on condoms for guys who are not cut, [click here](#). For an outrageously large list of links for condom sampler packs on the book's website, [click here](#).



Concerns about Sex Lube

The billion dollar sex lube industry wants people to believe that using sex lube will make sex better whether a couple needs it or not. Yet we know nothing about the impact of sex lubes on the colonies of bacteria in the vagina that are so essential for vaginal health, including the prevention of infections. That's because research on this has just begun.

It could be that women will be advised to avoid sex lubes unless they truly need to use them. Or different ingredients will need to be used in lubes than those that are used today. And please don't assume that lubes which are organic, natural or "friendly to sperm" are any better for women's vaginas than lubes with chemical-sounding names.

We also know little about the impact of sex lubes on the anus and rectum. It could be that some sex lubes make it easier to get sexually transmitted infections in both the rectum and vagina. For more on why we should be concerned, see [Chapter 12. Population: In the Trillions.](#)

Who Uses Lube and Why?

It's surprising how many young couples are using lube. You'd think they would be dripping wet without store-bought lube. Perhaps this is due to advertising that makes it seem like sex is always better with lube. Or maybe it's because porn has made us assume that women shouldn't need more than a few minutes of kissing, caressing and sexplay before having intercourse.

As for some real reasons why people need lube: medications such as hormonal birth control and antihistamines can make sex drier than it would otherwise be. Some antidepressants can make it take forever to have an orgasm. Condoms can make intercourse dryer than normal. Marathon lovemaking sessions will often require lube, as can size discrepancies that make for a tight fit. Couples may need lube for menopause-related dryness, and lube can be a must for sex if you are receiving chemo for cancer. The lack of estrogen during a woman's period may cause her vagina to produce less natural lubrication than normal, so some couples need lube for period sex. Sex toys often require lube. And good luck having anal sex or fist fucking without using lube.

Also, no matter how sexually aroused they are, some women don't produce enough lube to have intercourse. Combine this with a partner who is wearing a condom, and lube can be essential.

Don't Spit on Spit!

I contacted a professor of gynecology at a medical school and asked, “What about the old standby of saliva for sex lube?” This professor checked in with one of the world’s leading experts in vulvar pain, and both shared the same opinion that saliva can be an excellent sex lube as long as you don’t need something that’s very slippery.

If you wonder why these experts might recommend saliva over the pricey stuff, here are the ingredients in a well-respected lube that is water-based, hypoallergenic and fragrance free. These are the chemicals in the lube that will end up inside your body:

Propylene Glycol, Isopropyl Palmitate, Dimethicone, Cellulose Polymer, Polysorbate 60, Sorbitan Stearate, Stearyl Alcohol, Glyceryl Stearate NSD. B.N.P.D, Di Sodium EDTA, Phenoxy Ethanol, Methyl Paraben, Butyl Paraben, Propyl Paraben, BHT

Fortunately, only a couple of these ingredients are listed in the Hazardous Chemicals Desk Reference. And why do they call it hypoallergenic when paraben and glycol are known allergens for some women? A staff member of the FDA who I contacted couldn’t find any criteria for what a hypoallergenic lube is or how the FDA defines “hypoallergenic.”

Until recently, sex lubes have been classified as cosmetics. So they did not evaluate them for use in mucus membranes such as the vagina, rectum or urethra—where absorption of chemicals into the bloodstream can be quite high. Also, no agency checks to make sure that what’s in the bottles of sex lube is what’s listed on the label. A few years ago, a researcher found toxic chemicals in one of the lubes he tested. And a large pharmaceutical company was selling vaginal moisturizer for humans whose active ingredient was too dangerous for use in cow vaginas. Does this mean you shouldn’t use store-bought lubes? No. But it does speak well for spending a few extra minutes of kissing, caressing and other forms of sexplay before automatically grabbing for lube.

Lube Basics #1

People confuse sex lubes with automobile lubes. With auto lubes, you want to eliminate as much friction as possible. But if you eliminated all of the friction when having sex, no one would ever have an orgasm. Sex needs friction in order to feel good. With too much friction, sex hurts. With too little friction, there's not enough sensation. So the best sex lube for you is not necessarily the lube that's the most slick.

Some lubes are thin, which allow you to feel more sensation, others are more cushioning. Rub the lube between your fingers. Can you still feel the ridges? If so, it's a thinner lube that will act more as an assist to a woman's natural lube. If you can't feel the ridges, it's a more cushioning lube that might be better for weekend-warrior sex or anal sex.

Silicone Lubes

People say that some of the best sex lubes currently available for general sexplay are silicone-based lubes. But this could change depending on what we learn from research on how lubes impact vaginal health.

If you have ever been on the receiving end of a penis that's wearing a pre-lubricated condom, you've had silicone inside of you. Unlike water based lubes which tend to dry out quickly, the silicone keeps the lube slicker for longer. Many people prefer it for anal sex as well as for vaginal sex and handjobs. The downside is it doesn't come off very easily, which is one of its upsides for use during sex.

Put a condom on silicone sex toys before using silicone lube. Otherwise, the outcome will not be pretty. Silicone lubes can also stain your sheets. Try treating the stains with Dawn dish detergent or a fabric-safe degreaser, but the prognosis is poor. (Lube-stained sheets on the bed are especially uncool when your parents are visiting.)

If you are into electric sex with probes and electrodes, never use silicone-based lubes. The silicone acts as an insulator. And silicone lubes become a slipping hazard if they drip on the floor, especially if you use them in the shower. The shower floor can become ice-rink slick. So apply it to your genitals before you get in the shower or tub.

Natural Products as Sex Lube — Coconut Oil vs. Olive Oil

If you want a natural oil for sex lube, and don't care that there's no scientific research to say if it's safe, the current choice seems to be coconut oil. However, it's not very slippery. While coconut oil sounds better for a vagina than propylene glycol, hydroxymethylcellulose, sorbitol and polysorbate 60, there's no science to guide us.

Olive oil can collect around the cervix, resulting in a rancid-smelling crotch. A recent study that evaluated the use of olive oil for skin massage found it significantly damages the skin barrier. While olive oil can be great on vegetables and salads, do not use it for sex.

Glycerin in Lubes

Lubes that are glycerin-based tend to be slicker than other lubes, which means if you rub them between your fingers you won't feel the ridges. People who prefer lubes with glycerin say they feel "really fast." One problem some women have with glycerin is that it's similar to glucose, which is one of the things that yeast feeds on inside a woman's vagina. So if you are prone to yeast infections, are immuno-suppressed, or have diabetes, consider a sex lube without glycerin.

Propylene Glycol, pH and Petroleum Jelly

The propylene glycol in some lubes can be an irritant for some women. So can lubes with a high pH. As for petroleum jelly, what limited research there is indicates that it's not a good choice.

Friction Burns from Sex Lube?

Believe it or not, women can get friction burns in the vagina when a lube is too gloppy or gets thick from drying out. So avoid gloppy lubes if you are experiencing discomfort. If you are having sex and your lube is getting gummy or is drying out, try adding a few drops of water or saliva to rehydrate it instead of adding more lube.

When a Woman Feels Too Wet

Some women lubricate so much that they can't feel the penis going in and out. If you are having this problem, have your partner pull out every now and then and dry the both of you off with a towel. Some people suggest trying an over-the-counter antihistamine to help dry up your natural lube if it's a problem, but check with your healthcare provider first.

Lubes for Anal Play

Historically, the lube of choice for all things anal was a famous brand of vegetable shortening called Crisco. Then came the '80s and the plague, and since then the sex-lube wars with sex lube manufacturers fighting for market share. (You might not think of your anus as a profit center, but companies that make sex lube certainly do.)

Nowadays, just about everyone who is into anal sex has a “slippery top ten.” Good luck finding a consensus on which is best and research on which is the safest.

Vegetable shortening remains the standard that anal-sex lubes are trying to copy, but without its many downsides, eg: vegetable shortening has no antibacterial properties, so dipping fingers with fecal matter on them back into the can might contaminate it; vegetable shortening melts latex condoms, which are thought to be safer for anal intercourse than polyurethane condoms; and vegetable shortening leaves rancid-smelling sheets with wicked stains. Also, there might be problems with vegetable-shortening-fecal-ooze dripping from a woman's anus into her vagina if she is in an ass-over-tea kettle position when having anal sex.

There are no warnings on the side of vegetable shortening containers that say, “Use only in your oven and not in you ass.” But there are also no scientific studies on the safety of vegetable oil for anal sex. So while there are plenty of opinions, no one really knows what's best. As for the lubes for anal sex which say they use “FDA-approved ingredients,” this means absolutely nothing, as the FDA does not have a list of approved ingredients for anal intercourse.

Silicone-based lubes are the current front runner for anal sex. They should do the job for anal sex without your butt dripping grease like the grill at McDonald's. As for specific brands, ask around, do a browser search, and check the reviews on Amazon.

Be careful with lubes that contain numbing agents. They have names like Anal-Eze, and Tushy Tamer. Using lube with numbing agents is like disabling the smoke alarms in your home. Pain during anal sex is an important indicator that you are being too rough, aren't relaxed enough, aren't turned on enough,

that your partner is too big, or that anal sex is not for you. Also, if something numbs your ass, it will numb your partner's penis, which means more thrusting rather than less.

Gnarly Poop Warning: Sorbitol and glycerin are used in a number of sex lubes. They are also an active ingredient in laxatives and suppositories. Don't grab just any lube for anal sex.

Lubes for Handjobs and Masturbation

Avoid hand creams for handjobs and masturbation. Most hand creams and moisturizers are designed to be absorbed by the skin so people won't feel like greased pigs after they use them. As a result, hand moisturizers are poor performers for sex or massage.

Whether it is for giving your partner a handjob or just for jerking off, you'll want a lube that stays wet and slippery. A popular and nearly legendary jerk-off lubricant is a facial cleanser called Albolene. J-Lube Precaution: J-Lube is a powdered veterinary lube that is water activated. It is also used for jerking off. Beware that a tiny amount of J-Lube in the peritoneal cavity (gut) of a horse or cow will quickly kill the animal, as in a few final moos and all four hooves are sticking straight in the air.

Men who are not circumcised are less likely to use lube for masturbation. Their factory-equipped foreskins usually do the job.

Women's Genitals (On the Outside)

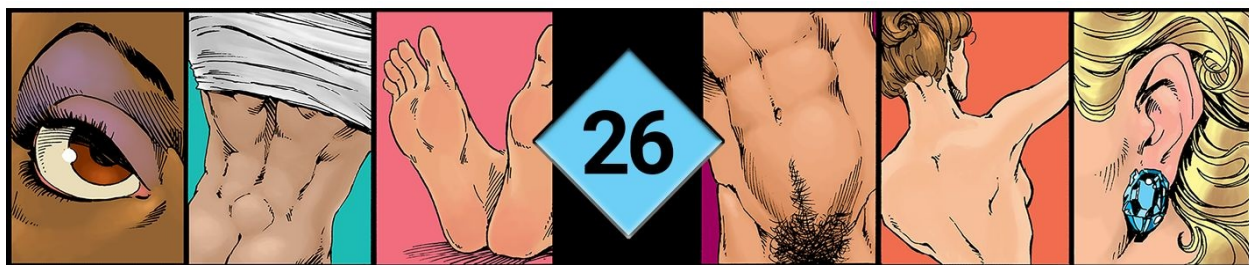
Women have used saliva for masturbating since the beginning of time. Coconut oil might work well for masturbation or vulva massage. Scented lubes and anything containing nonoxynol-9 should be avoided. If you like lube with oral sex, why not try food-grade coconut oil, unless you are following up with latex-condom intercourse.

Vaginal Moisturizers and “Arousal Creams”

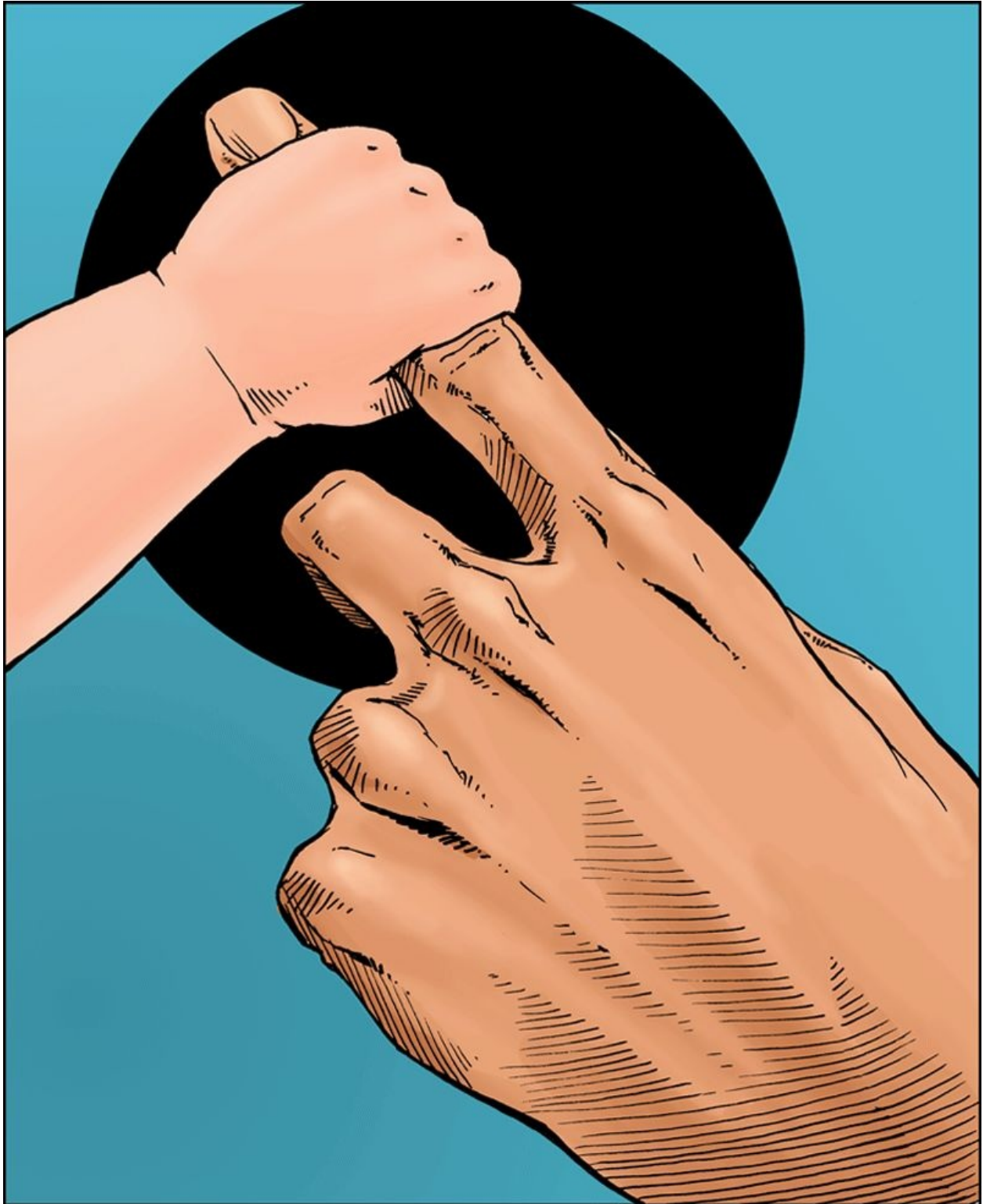
Vaginal moisturizers are for situations like vaginal atrophy or post menopausal issues as opposed to when you need a lube for sex.

Estrogen creams are often prescribed for vaginal dryness. Do not use estrogen products or an Estring as lubes for intercourse! These are for vaginal atrophy, which is different from the dryness a 21-year-old might have.

As for “arousal creams,” would five minutes more of kissing before intercourse have the same effect as arousal creams, which sometimes smell like old bacon grease or feel like rubbing Vicks VapoRub on your clit? Then again, if you like it and the product works for you, more power to it and you.



Intercourse: Horizontal Jogging



Don't Forget about Birth Control

If you, your partner or your relationship aren't yet ready to be full-time parents, consider a highly effective, hassle free method like the IUD.



Most Effective Methods of Birth Control

Less than 1 pregnancy for every 100 women in 1 year.

—BEST—



implants



sterilization



IUDs



oral sex & hand jobs

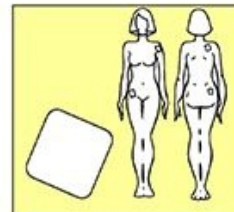
—VERY GOOD—



NuvaRing



The Pill



The Patch



injections



LAM (if done correctly)



—OKAY—



diaphragm



male condoms



female condoms



fertility awareness

Much Better
Than Nothing



withdrawal

Highly
Questionable



spermicides



Least Effective Methods

More than 30 pregnancies for every 100 women in 1 year.

Horizontal Jogging—Intercourse

Intercourse can mean different things. It can be an intensely private and delicious act. People can use it to honor and expand their relationship at the same time they are doing fun things with their bodies. It can be a commodity for making money, and a means for achieving protection or status. It's the only way some people make physical contact with another human being. It is also what couples do when they want to create new life.

Dick, Laura & Craig

To learn more about the role of intercourse in sex, we have invaded the privacy of three young adults, Dick, Craig, and Laura. Laura used to go out with Dick, and now she's involved with Craig. Here's their stories:

DICK

Dick is a very nice-looking guy who won his fraternity's "Mr. All-America" title two years in a row. Dick has a nice job, a nice social manner, drives a nice sports car, wears nice clothes, has nice biceps, triceps, and pecs, and goes out with "hot" women. Since this is a book about sex, you might as well know that Dick has a tree trunk of a penis that stays rock hard from dusk to dawn. A former girlfriend referred to it as "the sentry."

CRAIG

Craig is the same age as Dick. Craig is a sports writer. Craig is no longer eligible for the Mr. All-America contest. During a football game a few years ago, Craig went airborne to catch an overthrown pass. He got sandwiched between two spearing linebackers. Craig's spinal cord snapped, and he hasn't been able to walk or have an erection since.

LAURA

Laura is a young woman who just left a big corporation to form her own company that makes sporting gear. Laura's had sex with both Dick and Craig. Let's see what she has to say about these two different men.

"Dick's the kind of guy that many women have been raised to worship. Parading him around your friends or taking him home to your parents would win you the female equivalent of the Breeder's Cup. I've always really enjoyed sex, and until recently I could never understand why a woman would want to fake an orgasm. But it didn't take too many nights with Dick before I started faking orgasms. There was Dick, Mr. Right Stuff, making picture-perfect love. I didn't want him to think there was something wrong with me since I couldn't get into it like he was, so I started faking orgasms."

"Craig is nowhere near as perfect as Dick, but he has a great sense of humor and he is genuine. Craig is able to laugh at himself, which Dick never could. Craig has taken the time to learn exactly how to kiss, touch, and caress me, and

the sex I have with him is great. When I'm with Craig I don't need to fake a thing."

"This may not seem relevant to your question about sex, but I work in a male-dominated business. I have to think like a guy from morning to night. Sometimes it leaves me feeling alien from my femininity. With Craig it's easy to find it back again. Craig never wakes me up at 3 a.m. with a hard-on poking in my back, but he feels just as masculine as Dick. With a lot of guys there's a huge difference between how they treat you in bed and how they treat you the rest of time; with Craig that's not the case. Maybe that's another reason why sex is so nice with him, even if it's not intercourse."

Okay, so here we have Dick, more functional than a Sidewinder missile. He fulfills everybody's definition of what a sexual athlete should be. Then we have Craig, who redefines the term *sexually dysfunctional*. If Craig had the same erection failure but no spinal-cord injury, therapists would collect a small fortune trying to make him "normal." He would be taking boner pills like they were M&Ms and other medications as well.

And there is Laura, a woman who enjoys sex a great deal. She is telling us that the man who can't get it up is a more satisfying lover than Mr. Erectus Perfectus.

In telling you about Laura, Dick and Craig, the intent was not to dump on intercourse. Intercourse, when it's good, can be one of the sweetest things there is. What this book is dumping on is the assumption that intercourse is good just because it's intercourse and that a man is a man because he can get hard and fuck, or that a woman is a woman because she can get wet and fuck him back.

What Does It Feel Like When You Have Intercourse?

“Oh God—It’s like describing the universe. It feels like I might explode and can’t wait to but at same time want it to last forever. Breathless, hot, turned on in the extreme. I want to engulf and squeeze his penis, get it in me as much as possible. I love the connection of it.” *female age 48*

“When his penis first enters me I want to feel every inch of it because it is exquisite. I feel like I need it inside me and I don’t know if I can describe that. The actual sensations of his penis sliding in and out of me are sometimes over-powered by the pleasure I feel all over my body, so I don’t necessarily concentrate on the intercourse.” *female age 23*

“As he enters me I feel myself spreading open to accommodate him. Emotionally it feels right that he is inside of me. I have a feeling of fullness when he is inside me. I can feel the head of the penis as it slides in and out and can feel my vagina collapse or expand around him. If he plunges deep I can feel the head of the penis bump my cervix, a not altogether unpleasant feeling. From rear entry I can feel the penis more acutely rubbing the top of my vagina.” *female age 37*

“It feels different every time. Sometimes it is very satisfying. Sometimes it hurts inside my vagina if I’m not lubricated enough. And sometimes when his penis hits my G-spot it takes my breath away!” *female age 34*

“At first I feel the light pressure of my partner’s penis against my unopened vagina. It is often deeply pleasurable to feel the head penetrate, and then a slow, smooth slide all the way in, and a jolt of excitement when my lover’s penis is completely inside me. The most sensation is around the outer part of the vagina, but there is also a pleasurable feeling of fullness when he is fully inside me. My hips want to move and match his strokes, or create my own rhythm for him to match. Different strokes and rhythms create different sensations.” *female age 47*

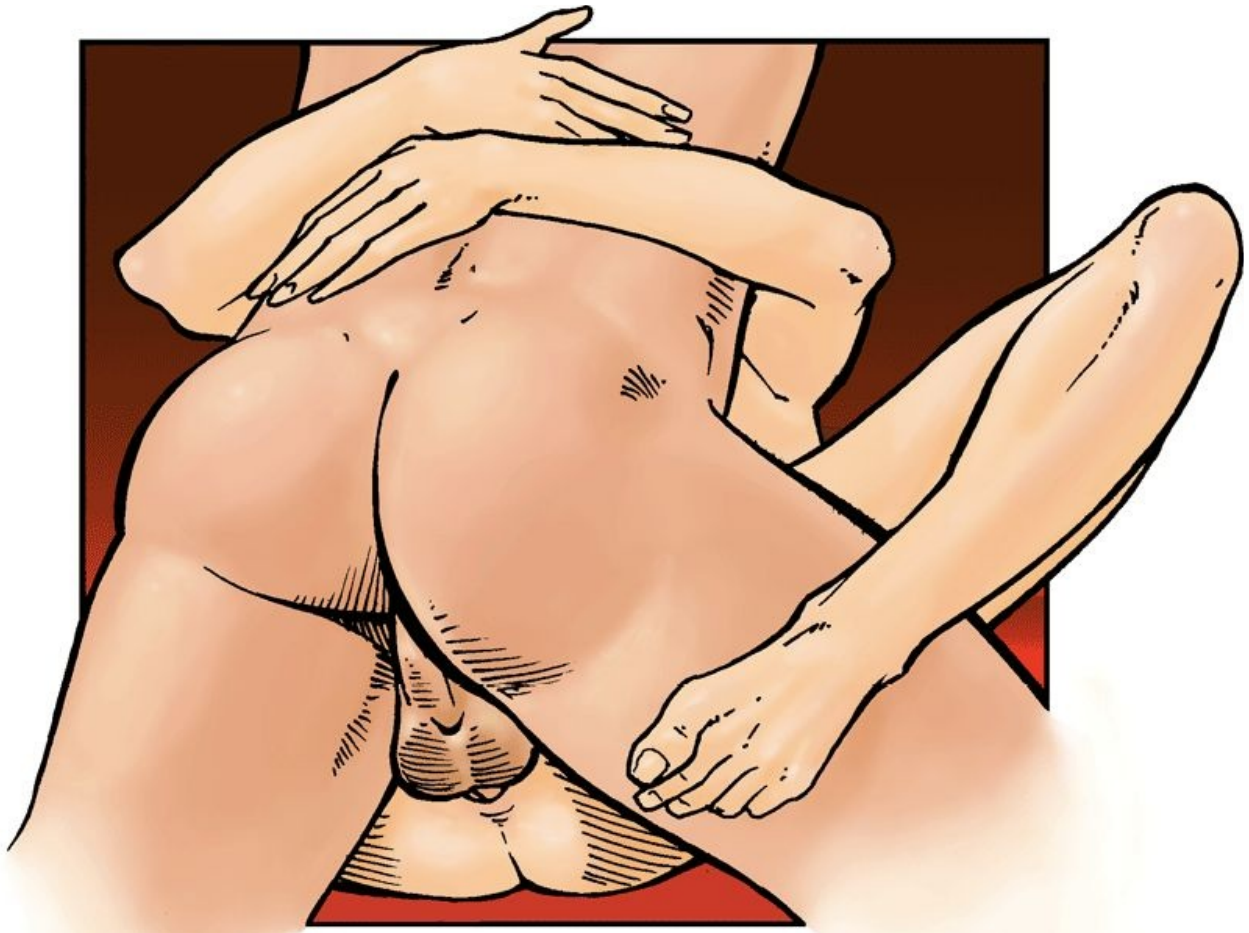
“I’m strictly a clit person. I love having sex with men, but I don’t like intercourse.” *female age 36*

“My favorite part of intercourse is when he comes; his entire body stiffens.” *female age 55*

“The first thrust is the most vivid for me. I like to slowly slide down his cock and feel it go up me. I love it when he is trying to hold back from coming; I can feel him get more swollen and hard and I get very excited when I feel that. It’s when my vagina gets the most pleasure from intercourse.” *female age 23*

“It depends on how sexually excited I am and whether I’m in the mood or if I’m just doing it because he wants to. If I’m into it, it’s like ecstasy!” *female age 43*

“I enjoy the pumping and grinding a great deal. I love it when we are rubbing our pelvic bones together and when the penis is in deep.” *female age 21*



At the Start — New Relationship or New to Intercourse

For some couples, it takes time and familiarity for intercourse to get that sloppy-intimate-erotic edge that makes it so much fun. This means intercourse won't necessarily knock your socks off. It may not even feel as good as masturbation at the start. And each partner brings his or her own hopes and expectations, as well as physical anatomy and body rhythms. Patience can be a virtue.

Some couples who are having dynamite intercourse during the fifth year of their relationship had lousy sex at the start. And even when the sex is great, there will be times in any relationship when desire falls flat. Hopefully you will continue to grow as a couple during those times.



Sorry! This is one of the few illustrations from the printed version of the book that we didn't get around to colorizing. But it's still pretty cool! Inspired by photographer Trevor Watson.

Your First Intercourse

The Guide has a chapter for people who are about to have intercourse for the first time: it's [Chapter 36. Bye Bye V-Card—Losing Your Virginity](#). Here's why there's a separate chapter for your first intercourse:

On our sex survey, we've asked hundreds of women to compare how their first intercourse felt with how it feels now. While most of these women say it feels great now, it is an unusual woman who says she cherished her first intercourse, even if it was in a loving relationship.

In a study on first intercourse that included 659 college students, 79% of the men reported they had an orgasm, but only 7% of the women had an orgasm. Men had far more overall pleasure than women during their first intercourse. The mean age for first intercourse was 16½ years, although those who waited until they were 17 or older reported having a better experience than those who were younger. A year or two of added life experience can go a long way when you are only 15 or 16.

Both men and women experienced more pleasure if they had intercourse for the first time in a more serious or long-term relationship than in a casual or brief one. People who used alcohol during their first intercourse (about 30% of the total) had less pleasure and more guilt than those who did it sober. Those who used contraception reported more pleasure than those who didn't.

Who Sticks It In?

This may seem like a dumb thing, but the issue of who sticks the penis into the vagina can sometimes be significant.

“I generally prefer to put it in; otherwise we seem to miss a lot.” *female age 32*

“I like to put his penis in me because it seems no matter how many times we have had sex, he still misses a little bit when aiming. Also, I find it exciting to hold him while he thrusts into my vagina.” *female age 23*

“She always does. No matter how many years we’ve been doing this, I still manage to miss!” *male age 43*

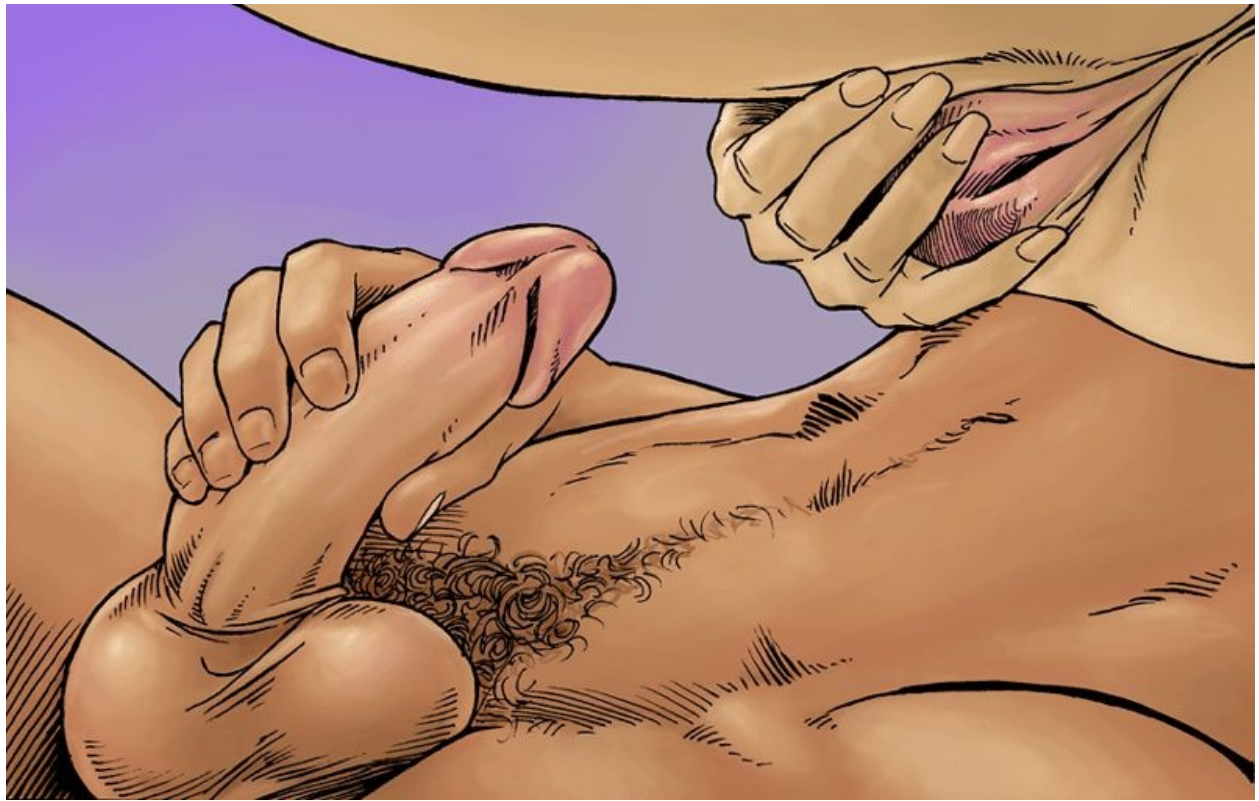
“He prefers to put it in, because if I do, he thinks I think he doesn’t know where in the heck that hole is.” *female age 38*

“It’s really whoever grabs ahold first.” *female age 36*

A rule of thumb is that either the woman, or the woman and man together, should stick it in the first few times. That’s because only a woman knows when she is ready to have a penis inside, and all those years of inserting tampons have taught her exactly where the head of a penis needs to go.

Some women might be shy about grabbing a penis and guiding it in for a landing. This kind of reticence is silly but understandable. Once your penis-to-vagina guidance system is up and running, all bets are off regarding who puts the penis in. Whoever puts it in needs to make sure the woman truly wants it and her vagina is wet enough to take it.

If you are using lube and it starts to dry out, a drop or two of water or saliva will give it new life, while more lube will just gum things up. The women at Good Vibrations suggest keeping a water pistol handy for just this purpose, although women without humor will find this offensive, and wives of NRA members should be careful not to grab the Glock by mistake.



The First Thrust

In reading women's sex survey responses, an amazing pattern emerged. A large number of women said the part of intercourse they like best is the first stroke. For many women, it seems like the first stroke is a near religious experience, assuming they were fully aroused and eager for the thrusting to begin.

If you are a man, do not hesitate to ask your partner how she likes you to do your first stroke. Does she like you to start by teasing her with short little thrusts, going in only an inch or two? Or does she like one big straightforward glide for the gold?

Legs Bent or Straight, Open or Closed

The biggest variable in the physics of intercourse is often the position of the woman's legs—whether they are straight or bent, open or closed, over your shoulders or in your face. When a woman's legs are straight, penetration is not as deep, but the tip of her clitoris might receive more stimulation. When a woman bends her legs and brings her knees closer to her chest, the penetration is deeper. This can be nice if she likes more pressure in the back of her vagina.

If a woman's legs are together, the penis is hugged more snugly. This might create more clitoral stimulation, because the penis will push and pull on the inner labia with each thrust of intercourse (the inner labia are attached to the bottom of the clitoris.) If a woman's legs are apart, there is more skin-to-skin contact between her genitals and the man's genitals, and more bouncing-testicle action if he is on top.

Some couples enjoy intercourse with one leg straight and the other flexed. Some women keep their legs together while flexing their thighs to help achieve an orgasm. Many women stimulate their clitoris with their fingers during intercourse, and some push their clitoris against a partner's penis as it strokes in and out.

A woman's decision to keep her legs straight or bent might vary with the length and thickness of her partner's penis. A woman whose partner has a really long penis may find she gets poked in the cervix if she opens and bends her legs during intercourse, while a woman whose partner has a short penis might prefer the feeling of deeper penetration that bent knees allow.

Hopefully, you are getting the idea that there are many possibilities. You need experiment and find out what works best for you as a couple.

A Fix for When a Woman Feels Pain Due to Deep Penetration

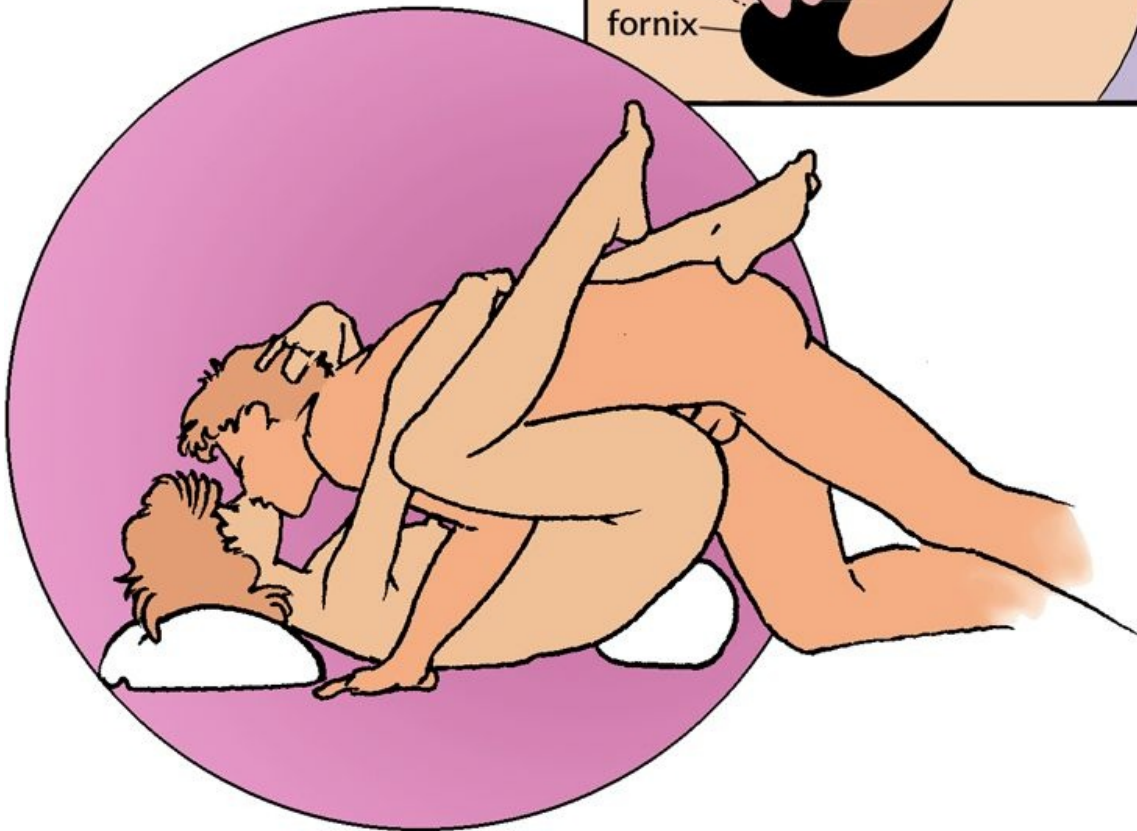
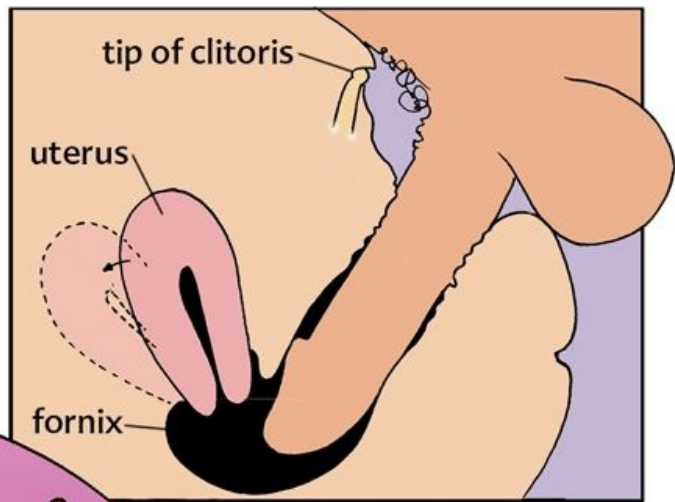
There can be times during intercourse when a penis collides with the cervix, leaving a woman feeling like she's been punched in the stomach. Any woman who is experiencing sexual pain should consult with a gynecologist. But if it's determined the pain is from a penis hitting her cervix, there are things you might consider.

It's not necessarily the biggest, baddest or longest penis that will cause this kind of problem. Sometimes it's an average sized penis. While adding lube might help, it might make things worse. Waiting until a woman is more highly aroused before starting intercourse may help, because an aroused cervix raises up, hopefully taking itself out of the line of fire. It may also help to try positions that discourage deep penetration, like rear entry when a woman is laying on her stomach or on her side with her body straight. Or, she might do better on top.

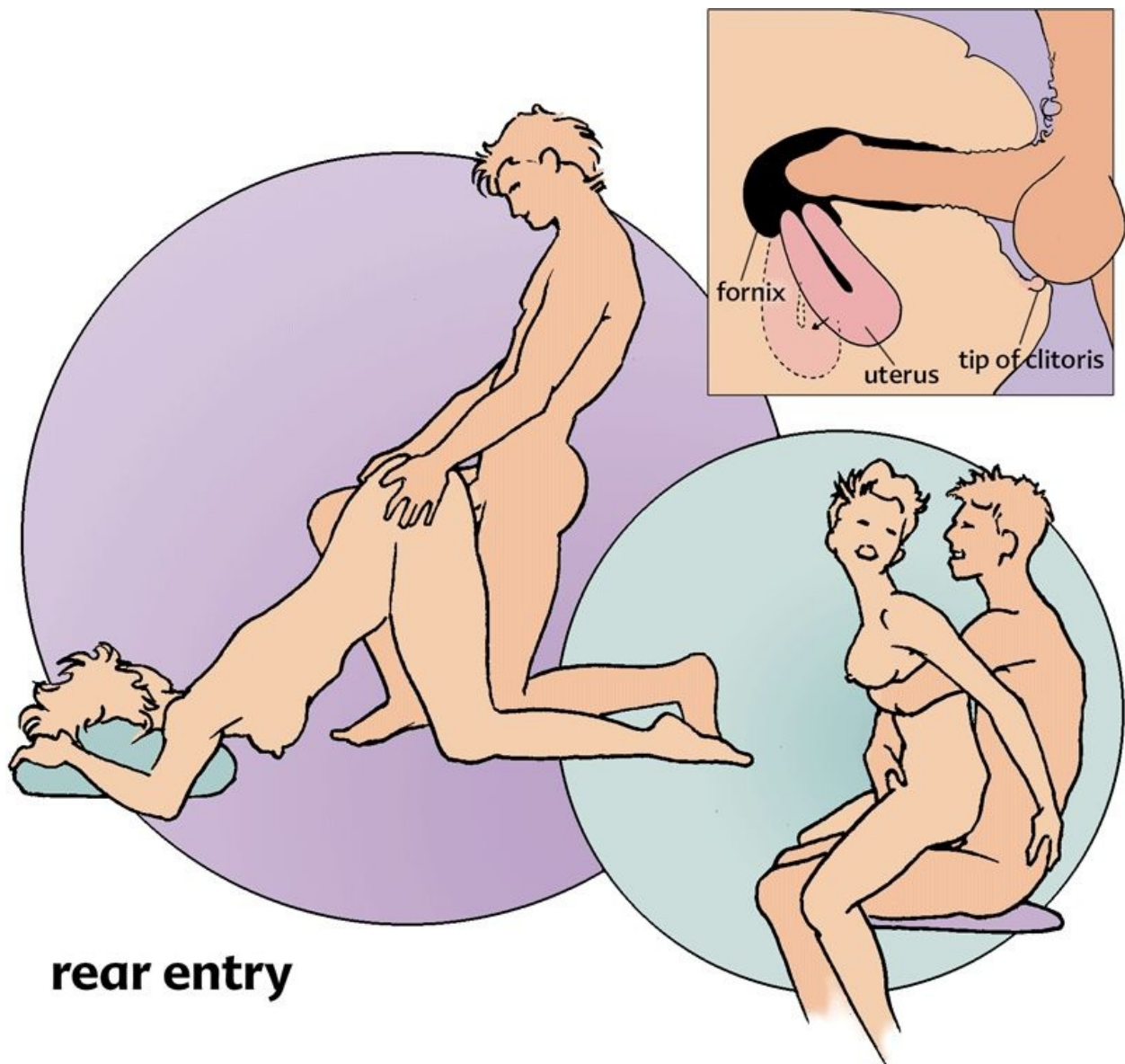
You can also jerry rig a donut or gasket to go around the base of the penis to decrease the depth of thrusting. One type of sleeve that some couples recommend is called a "universal silicone sleeve for a penis pump." While using this sleeve during intercourse was not its intended purpose, it can work well. Or, you might get a masturbation sleeve called "Maven" by Vibratex. Cut an inch or more off the end of it to make a donut-shaped ring that you can slide onto the base of the penis before intercourse. This will prevent the penis from thrusting too deep, and the extra pressure of the Maven material on the woman's clitoris can provide a welcome dividend. The people at www.SexualityResources.com recommend the Maven over other sleeves because the material can be cut without falling apart, and it is not so snug that it will act like a cock ring. Many of their female customers have this type of pain and this is the one solution they tend to rave about.



missionary or face to face



The male's pubic bone can push or grind against the clitoris in the missionary position, adding stimulation. Depending on the intercourse position, the penis can cause movement of the uterus and stimulate the bladder.



rear entry

Each couple's anatomy is different, so it's not possible to say which positions will be best. Also, during arousal, the uterus changes its angle, but does not increase in size.

Thrusting — Shallow vs. Deep

The walls of the vagina change shape with each thrust of intercourse. This means that with each stroke, thousands of nerve endings are being pulled and tugged, which, neurologically speaking, can feel quite nice. (It doesn't feel half-bad for a woman's partner, either.)

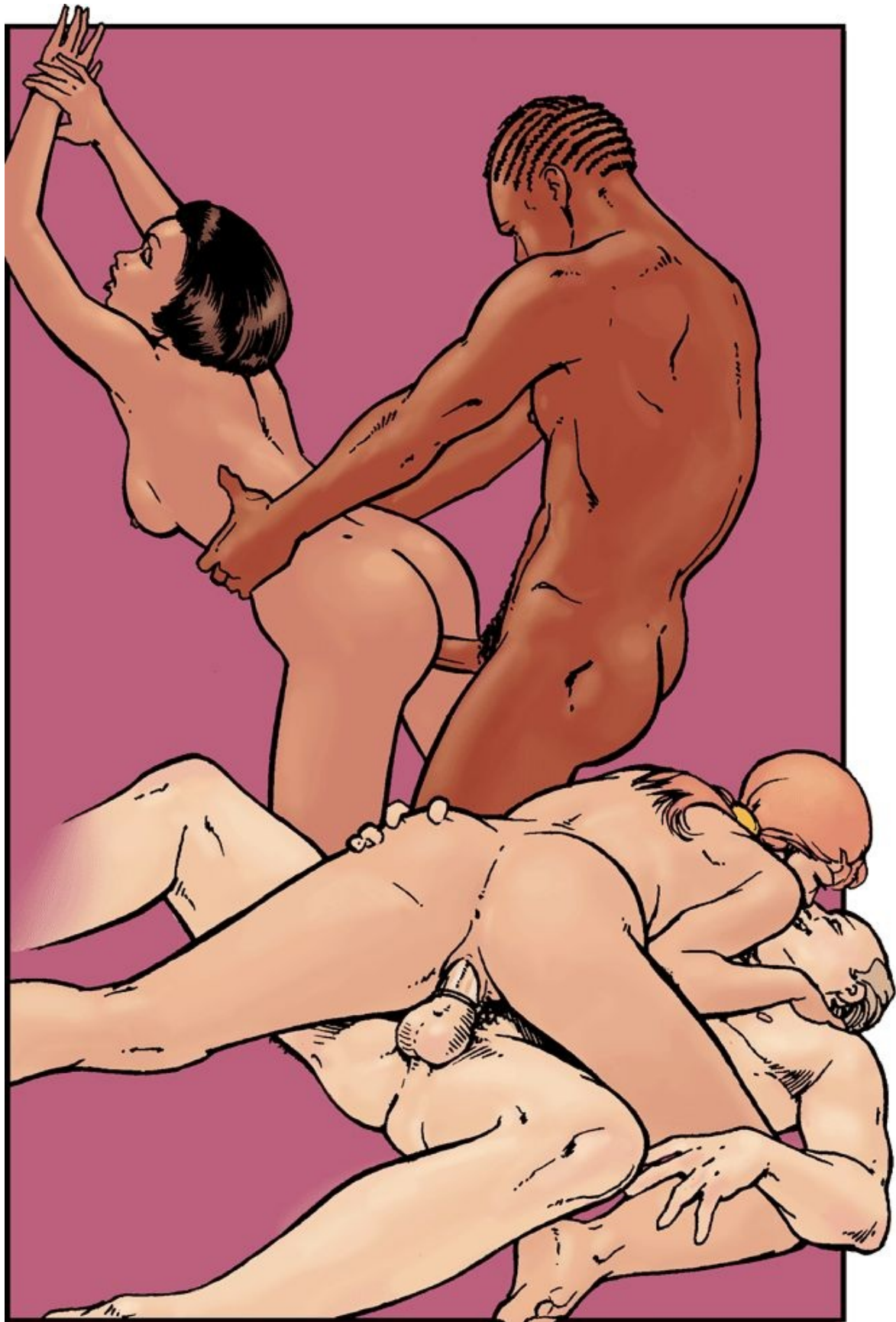
There is a difference between the kind of nerve receptors in the first part of the vagina versus those in the back. The first inch of a woman's vagina is sensitive to touch. After that, it's more about pressure.

Because of its sensitivity to touch, stimulating the rim of an aroused vagina with a finger or the head of a penis can be a nice way to begin intercourse. Shallow thrusting allows the ridge around the head of the penis to stimulate this first part of the vagina. The art is in not pulling out too far and having your penis fall out. Another benefit of doing shallow thrusting is that the snuggest part of the vagina will wrap around the most sensitive part of the penis, which is just below the head.

Beyond the first inch, the vagina can feel stretching and pressure more than it feels touch. As a couple experiments with different positions, they will discover which parts of a vagina respond to pressure from the head of his penis. While the classic missionary position works well for many couples, others might benefit from some of the more exotic positions like the ones they show in *Cosmo*. (A problem with *Cosmo* is how they describe the more bizarre or gymnastically difficult positions as being “advanced” or “for experts”—as if the missionary position is for losers. This is like criticizing a woman who is wearing a classic black dress and pearls for being unadventurous or plain.)

Deeper thrusting offers its own advantages: 1.) Deep thrusting can position a man's pubic bone to make better contact with a woman's clitoris; 2.) Deeper thrusting may allow the penis to pull on the labia minora (inner lips) longer with each stroke, providing more indirect stimulation to the clitoris; and 3.) As she approaches orgasm, a woman may find it pleasurable to have a penis filling the back part of her vagina.





Learning with His Fingers

A good way for a man to learn about his partner's vagina is with his fingers as well as with his penis. This will give him a better understanding of what needs to be done with his penis. (As one female reader says, "It wouldn't hurt for women to know this about themselves.")

Battering Ram or Pleasure Wand? Mosh Pit or Symphony?

Some men use a penis as a battering ram, believing women enjoy being slammed during intercourse. Other men, perhaps a bit more sensitive or experienced, realize there are different thrusting rhythms that can help make intercourse feel more symphonic than Screamo. Maybe she will like it slow at the start but strong at the end.

An excellent way to find out what works best during intercourse is when the woman is on top. That way a man can feel how she moves up and down on his penis and what parts of her vagina she focuses the head on. Does she move up and down on it repeatedly, or does she keep the penis deep inside and rub her clitoris on his pubic bone? Does she like to rub her breasts or clitoris with her fingers while a penis is inside her vagina, or would this be an unwelcome distraction? Where does she like to look, and what does she do with her mouth? Does she change the rhythm and speed, or does she keep it constant?



You don't have to be a yoga master to achieve peak experiences with breathing instead of thrusting. You don't even need to meditate or stand on your head. Just be in sync with each other, with one partner breathing in while the other breathes out.

The Tantric Police Talk Thrust

Some Tantric and Oriental sex masters caution against constant deep thrusting during intercourse. They believe the vagina does best with a ratio of five to nine shallow thrusts to every deep thrust. This is an interesting observation, given how the Oriental masters don't allow women to be monks or to enter business meetings unless it's to bring tea. But they have no shortage of suggestions for pleasing women sexually. If you are following the nine-shallow-for-every-one-deep thrust dictum, gradually increase the ratio to two deep for every four shallow, or live dangerously and go for one shallow to one deep.

Mixing up the thrusting between shallow and deep can be fun to experiment with. But if your partner starts threatening you with grief if you don't knock off the shallow stuff, you can safely assume she wasn't an Asian princess in a past life.

Intercourse as Your Private Language

Most couples have a variety of thrusting modes—hot and furious, fun and playful, giggly, tearful, passionate, powerful, passive, and maybe even angry. This becomes part of the private language that lovers share. So if you are feeling terminally reflective, you might think of intercourse as two separate acts: the thrusting part and the orgasm part. If the sole purpose of thrusting is to achieve orgasm, then intercourse might not have much emotional depth to it. That's because it is during the thrusting part of intercourse (before orgasm) when feelings of love, friendship and gratitude are often shared.

When a Penis Pops Out

During orgasm, the vagina can sometimes contract enough to expel a penis. When asked about this, most women advise, “Push it back in!”

Intercourse Without Thrusting

Some couples don't thrust during intercourse, but move their entire bodies in sync. Or the man might do a circular motion with his penis or pelvic bone grinding against the woman's genitals. Some couples stay really still during intercourse and try to coordinate their breathing. One partner breathes in at the moment the other breathes out.

Another way of enjoying intercourse without thrusting is to play "squeezing genitals." When the male squeezes his erect penis it momentarily changes diameter, and when the woman squeezes her vagina it hugs the penis—sometimes snugly and with memorable results.

Riding High

Each year a new book comes out that promises to reinvent the wheel sexually. One book talked about a radical “new” way of having intercourse. The couple starts by assuming the missionary position with the man on top. Right before the thrusting begins, Mr. Top makes a quick shift toward the head of the bed, like the Cowboys used to do at the line of scrimmage before the set call, back when they were America’s team and Tom Landry was coach. (Landry was one of the all-time greats.)

During the quick shift, the male pushes his entire body a couple of inches forward over the head of the woman. This puts him in the position of being able to say, “Honey, your roots are showing something awful,” or “Time for a new weave.” This new position also brings the man’s penis in more direct contact with the woman’s clitoris, assuming it doesn’t cause his penis to snap off between the down-and-set-calls.

There is no in-out thrusting in this form of intercourse. The couple simply moves their hips back and forth in synchrony. This intercourse position attempts to maximize clitoral stimulation. Men who are sensitive lovers figured this one out long ago, although an occasional man may have had the knowledge forced upon him by a rambunctious lover who rode so low that she made him wonder if his penis would survive the night. Her riding low is the equivalent of his riding high.

Nasty Reflections—Gonzo Porn at Home!

Watching your genitals during intercourse can be an awesome way to pass time. There are positions that work well for this. A good-sized hand mirror can offer a nice view of genital play. Try using the magnifying side of the mirror. It will make you look huge! (A woman reader comments: “That’s a frightening thought.”)

Some couples use a phone instead of a mirror. They take a video of themselves when having intercourse and can watch it on a laptop or a desktop with a bigger display.

Kissing during Intercourse?

There's nothing nicer than kissing passionately when your genitals are locked in a loving embrace, but this isn't possible for some couples. If a woman is 5'1" and her partner is 6'4", there is no way her tongue is going to play inside his mouth when they are having intercourse.

This is one of the reasons why it is impossible to make recommendations regarding intercourse positions. Different couples come in different sizes. Some positions will feel better for lovers who are relatively the same height and of proportional weight, while those positions might be a disaster when a partner is really short and the other is really tall.

Certain positions will feel better or worse depending on the size and angle of your genitals, and some positions that feel best during the first part of a woman's menstrual cycle might not be the best during the later part of her cycle. And that's just physical differences. You also need to factor in each partner's psychological needs.

Intercourse When Standing?

To get an idea of how seldom couples have intercourse while standing, you might do a search of websites where amateur couples post clips of themselves having sex. The only time couples have intercourse while standing is when it's rear entry and the woman is able to lean forward on a piece of furniture or some sort of railing.

One of the problems with intercourse while standing and being face-to-face is that it can feel like a workout at the gym. Trying to thrust while bending your knees into a good angle can be tiring. Leaning against a wall can help, and some women say it works best for them if they can keep one leg firmly planted on the ground while tucking the other around a partner's waist. That way, they don't have to worry about a partner dropping them, and having the other leg up can improve the angle and amount of stimulation. He can help her hold it up.

In the Shower

You'd think that having intercourse in the shower would be as easy as shampooing your hair. Not so. While taking showers with a lover can be fun and incredibly sexy, having intercourse in the shower is a different story. The first concern is slipping, so if you're going to have intercourse in the shower, make sure you've got a non-slip shower mat or put down gripper fishies. You'll definitely want to install grab bars. Shower grab bars are easy to find and they aren't terribly expensive, but reviewers usually don't rate them for their sex worthiness.

Although water is wet, it washes away natural lubrication. So keep the stream of water away from your genitals. As for using sex lube, one little drop of silicone-based sex lube on the shower floor can make it treacherously slick, as in one thrust shy of a fractured femur. If you are using silicone lube, it is wise to apply it on before you get into the shower and while standing over a towel.

As for what position to use for shower sex, some couples find rear entry with the woman leaning forward can be the most practical. This is where the gripper bars begin to shine. Or you might consider doing what most couples do: enjoy showering together before or after you have intercourse in some other part of the house.

Signaling

Sex seldom works well when one partner is too passive or inhibited to let the other know what feels good and what doesn't. Fortunately, signaling during intercourse doesn't need to include words, because hands on a partner's hips or rear end can be great rudders. Try to work out a shared language that's based on signals that are easily understood.

How Women Have Orgasms during Intercourse

Women who have orgasms during intercourse seldom come by thrusting alone.

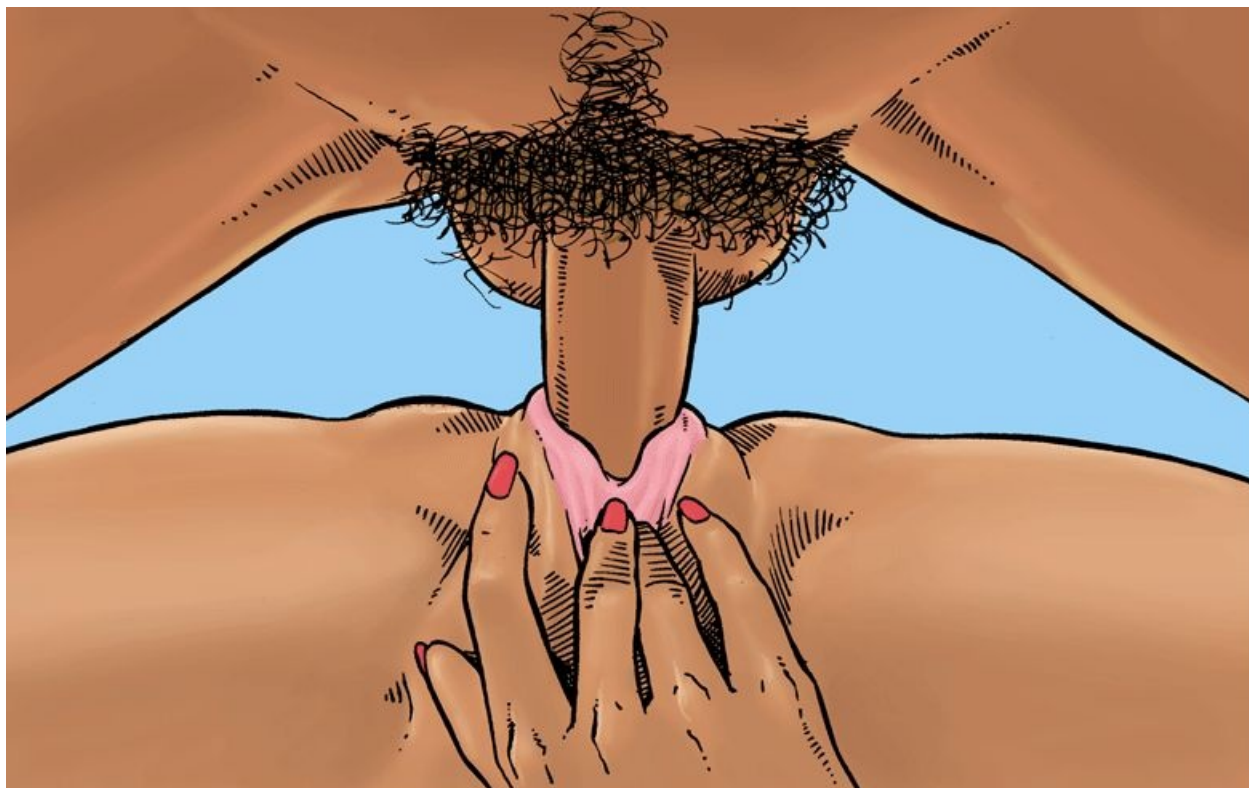
“I come faster sometimes when he’s inside me, but I always have to rub my clit to climax.” *female age 25*

“I rarely have orgasms with intercourse, unless I’m playing with myself at the time. The best way for me is oral sex or using a vibrator.” *female age 36*

“I don’t usually have orgasms during intercourse. In a very open relationship, I can have an orgasm after intercourse by manually stimulating my clitoris or by rubbing myself on his flaccid penis.” *female age 26*

“I usually have them with intercourse if my husband is rubbing my clitoris or using a vibrator while he is thrusting. Sometimes when I am really excited, I can have one just with thrusting.” *female age 35*

More than 80% of the women from our sex survey who have orgasms during intercourse need to have their clitoris rubbed with fingers, by adding a vibrator, or by rubbing their clitoris on his pubic bone.



Of the five-thousand women who have taken our sex survey, the vast majority either need finger stimulation on their clit or they grind their clitoris into the pubic bone of their partner in order to have orgasms during intercourse. Few have orgasms from thrusting alone.

When Is Intercourse a Success?

Most people assume intercourse is a success if you give each other orgasms and a failure if you don't. Hardly. A woman can love the feelings she gets from intercourse, both emotional and physical, but still not have orgasms from it.

Intercourse needs to convey feelings between partners that are too primal for words alone. These feelings rest on the boundary between body and soul and are transmitted from one person to another in many different ways. If orgasm is part of that process, fine, but having an orgasm is no guarantee that anything special has taken place.

When is intercourse a success? When it leaves you feeling more solid, less grumpy, more able to face the day, and less afraid of the world when it's an overwhelming place. Intercourse is a success when it makes you feel more together and secure. It's a success when it's fun or satisfying and leaves you with a smile.

Intercourse is a failure when you wake up at three or four in the morning, look at the person who you had intercourse with and think "I wish I were home in my own bed, alone." This can be a particularly nasty dilemma if you are married or living together. Intercourse that conveys less pleasure than when someone leaves you a free hour on a parking meter is not necessarily worth having.

After Intercourse — The Drip Factor

Unless a guy is wearing a condom or pulls out and ejaculates to the side, he usually leaves semen inside a woman's vagina during intercourse. So where does the ejaculate go?

"Runs down your leg," says one female reader. "It usually drips out," replies another. "Like water in a cup that's turned upside down," says a third.

This might not be a problem if you are going to sleep, except for the wet spot on the mattress, but what if you had intercourse in the morning or at lunchtime?

"You can usually get it out in the shower" was one response, while another woman said, "Not true. It tends to drain out at its own pace, and all the showering in the world isn't going to hasten it along."

What if you already took a shower or don't want to take a shower just then?

"Sometimes I'll wear a panty liner," said one woman, "but it's not worth a tampon."

All of the women said they know of other women who douche right after intercourse even when they have sex at bedtime. Most thought this was silly and unnecessary. As one woman said,

"It's not dirty; I put the stuff in my mouth!" Another woman said, "I don't have sex with a man unless I really care about him. I find the occasional dripping to be a sweet and sometimes exciting reminder that he's been here."

Top Dog

It has been said that people who always need to be on top during intercourse are insecure, while people who have it more together are happy to switch off. If this is true, then intercourse is no different from life in general. What's probably more true is the couple has tried it both ways and likes it better with one or the other of them on top. Also, feminists claim that intercourse follows a prostitute model of sex—once the male comes, the sex is over. If that's true in your relationship, work on finding ways to help the woman get her fair share of the pleasure.

Staying Inside After He Comes

Staying inside your lover after the thrusting is done can sometimes feel magical. Since most men lose their erections after coming, the two of you need to keep the fading member in while getting comfortable enough to stay in each other's arms. Some couples like to fall asleep this way. However, this is one of the downsides of using a condom. A man who is wearing a condom needs to pull out soon after he's come. Otherwise he might leave the condom inside his partner.

When a Man Can't Orgasm during Intercourse

Men who have trouble coming tend to pump faster during intercourse, hoping this will provide extra stimulation to help them ejaculate. This is a bad idea. The rapid thrusting desensitizes the penis, and it's possible his partner won't be able to walk right for a few days afterward. For more information, see [Chapter 46. Delayed Ejaculation](#).

This is what hurts when we have sex.

Women readers say men don't realize how much sex can hurt. They think porn is partly to blame, because women in porn never have pain. And when they do, the men get off on it. So here are some conversation starters for couples.



—Check any boxes that apply—

- ☐ If my vagina were ready for your penis the minute you get hard, we'd dispense with the kissing and conversation. Oh wait, what kissing and conversation?
- ☐ I would never use sandpaper on the head of your penis. But that's how it can feel when you randomly rub my clitoris.
- ☐ Nipples get hard from pain as well as pleasure. There are times when you grab my breasts and it causes a jolt of pain.
- ☐ Have you ever sucked on something the size of your penis for ten minutes without getting a sore jaw?
- ☐ I would like it if we could change positions ☐ more often or ☐ less often than we currently do.
- ☐ Many women say they have experienced pain or discomfort during anal sex. I feel the same way.
- ☐ If you want to get kinky, let's talk about it and explore it. But when you randomly slap my butt, it hurts!

☐

If I didn't like it the last ten times...

☐

I'll bet no one has ever hit the back of your throat with an erect penis. Yet you want to stick your penis down my throat?

☐

A facial? What if I collected your semen and dripped it in your eyes or smeared it on your face and chest?

☐

Has anyone tried to sneak a penis up your ass when you were having sex? I'll be happy to buy a dildo so you can experience what that feels like.

☐

It would be more exciting for me if you were ☐ more or ☐ less take-charge in bed.

☐

There's a difference between being assertive and having rough sex. If I want rough sex, I'll ask you for it.

☐

Please don't assume it feels good just because you saw it on Pornhub or read it online. Talk to me about it first.

☐

What if I rammed a finger up your butt every time you rammed a finger into my vagina?

☐

If you'll wait for me to tell you when I am ready for you to

it will be more fun for both us.

☐

If you experience pain every time you have sex, please see
Chapter 48: *Damn That Hurts! When Sex Is Painful.*

Passive Intercourse vs. Masturbation

Let's say a woman wakes up at 5:00 a.m., horny as heck, and would like to have intercourse. Her partner is not a morning person and is pretty much comatose until noon. Assuming he's not an early-morning grouch, he might allow her to stimulate his penis to a point of erection, or maybe he's already got an early-morning (REM-state) hard-on. The couple can then have intercourse in a position where he can be passive while she is active, or she massages her clitoris while his penis is inside of her. In a sense, she is using his penis as a dildo.

Or let's say it's nearly midnight and this woman's partner is feeling sexually amped, but she is dead to the world. She doesn't mind if he uses her vagina for intercourse, but doesn't want to have to fake being into it. So she allows him to have rear-entry intercourse.

Why didn't the horny partner just masturbate instead of bothering the one who is zoned out? Sometimes a partner honestly doesn't mind being "used" for sex as long as he or she isn't expected to get all turned on. He or she might even enjoy the other's pleasure. *As for having sex with a partner who is passed out or not able to give consent, this would be sexual assault.*

What's the Frequency, Dan?

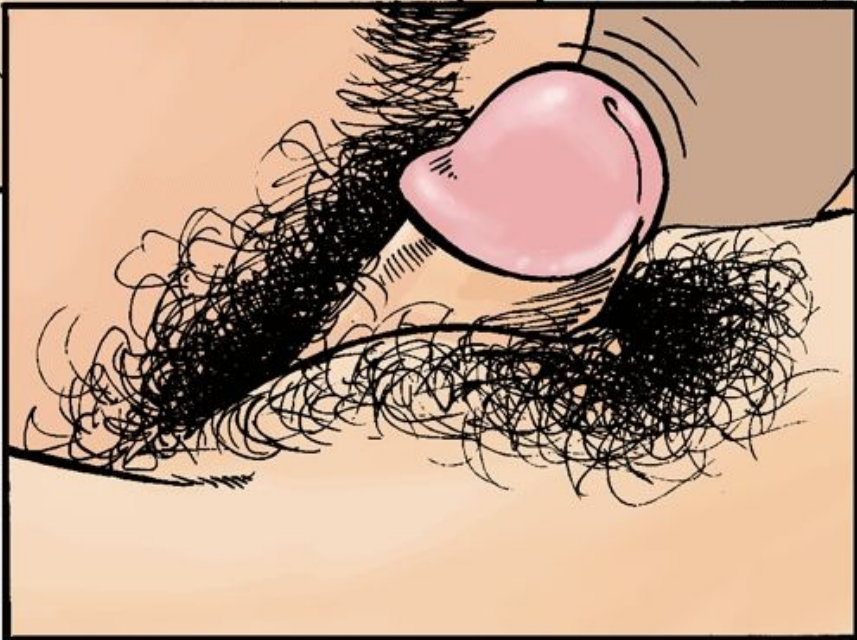
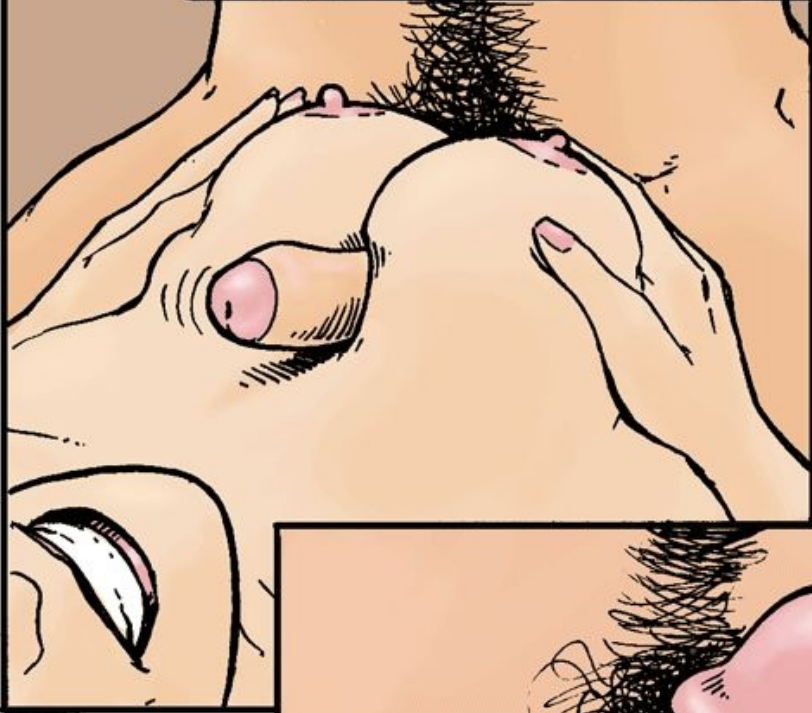
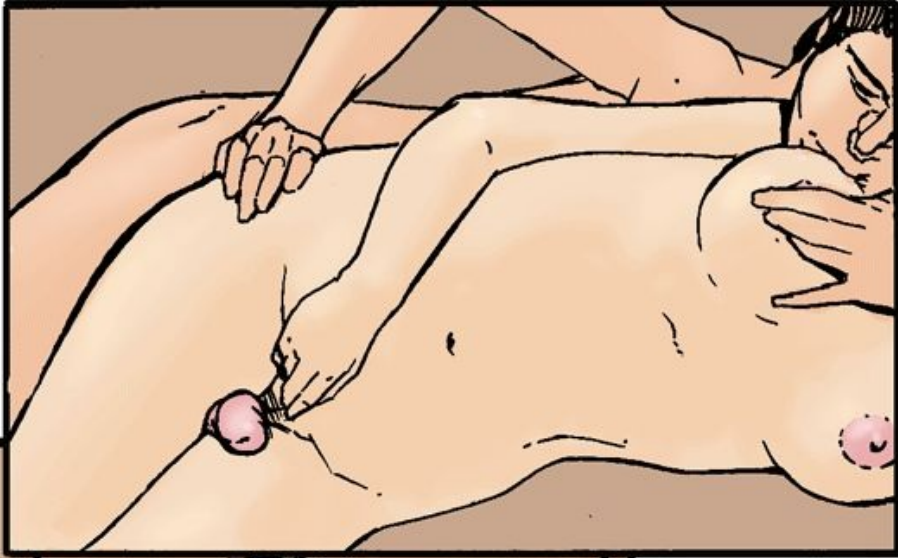
When it comes to how often couples have intercourse, people who ask, “What’s normal?” usually aren’t asking the right question. If you are in a relationship, a better question is, “Do we have intercourse as often as each of us likes?” and “Do we have intercourse more often than one or both of us likes?” That’s because what matters is what feels best for you—whether it’s three times a day or three times a decade.

“Vaginal Wind”

When you ask women what’s your most embarrassing moment during sex, many will say it’s when they’ve had a vaginal fart. The official term for this is “vaginal flatulence,” although this type of acoustical event is more commonly known as a queef, beaver burp, muff music, or a fanny fart when the woman is British.

Regarding the physics, think of the vagina as a bagpipe between a woman’s legs. Air can collect in the vagina during intercourse and then belch out. This can also happen during exercise or yoga as well as during sex. The medical term for when sex is not involved is “vaginal wind.”

Some women can produce vaginal flatulence on command, with the adeptness of middle schoolers in a burping contest. Because there is no way a woman can contract the opening of her vagina to modulate the outflow of air, vaginal flatulence will sound more like a fog horn or tuba than a tea kettle. Unlike gas coming from the rear end, vaginal flatulence shouldn’t smell because the vagina is simply spitting out air that’s accumulated inside of it rather than acting as a portal for foul winds. If vaginal flatulence smells or huts, consult with a gynecologist.



Alternatives to Penis—Inside of Vagina From top down: intercourse between the thighs; intercourse between the breasts; and femoral intercourse, which is where the penis slides between the lips or labia without going into the vagina.

Pillow Power during Intercourse

Never underestimate the power of a pillow under the small of the back or rear end of the partner who is on the bottom. Changing the angle of the hips can change a person's experience of intercourse. If you like intercourse from the rear, keep a lookout for the perfect bigger pillow that will provide support and raise the woman's rear end to an angle that is comfortable and inviting. You might try bolsters and different kinds of cushions, including wedges with waterproof covers made specifically for sex.

Doing It in Different Environments

If intercourse is seeming a bit stale, it might help to scout out new locations. While it never hurts to try a resort on a tropical island or a four-star hotel in Europe, most of us will need to aim more modestly:

The Kitchen: Always a fine place for intercourse until you have children. After the kids reach school age, the kitchen is once again game for an occasional nooner.

The Yard: It's a shame to spend all that effort making the grass grow and never have sex on it—although local ordinances may prohibit using your yard for doing more with a weiner than barbecuing it.

In Front of the Fireplace: There's nothing like doing it in front of the fireplace, until you get wet pine instead of seasoned oak and a slew of hissing, burning embers showers your naked bodies.

In Water: Hot tubs, bathtubs, pools, and other bodies of water can be great places for people to do all sorts of nasty things. But intercourse in water washes away natural lubrication. Another solution is to bury the penis inside the vagina while both sets of organs are outside the water and decrease the length of each thrust once you are submerged.

Sex at the Office: A reader who is a commercial-real-estate agent has keys to some of the finest high-rise buildings. When he and his GF want a dramatic change of scenery, they visit the upper floors.

Candlelight: The candle excels at creating erotic ambiance. Make sure the wax doesn't drip on your carpet. (According to a reader who has been there: fold a paper towel a few times and place it over the cooled wax on the carpet. Then put a warm to hot iron on top of the paper towel. It will melt the wax into the towel.) As for stains from wet spots on lighter colored carpets, blame them on the family dog.

Intercourse
in the
old days.





Warning! Have Fun But Be Smart About It Intercourse injuries can cause a penis to forever bend in a strange way. Most of these injuries occur when a woman is on top and, strangely enough, when a man is having an affair with someone other than his primary partner. The woman should be well-lubricated and avoid or going too high and then exuberantly slamming down on her partner's penis on the downstroke. Putting a pillow under the man's butt can help make his pelvic bone more accessible so a woman can enjoy grinding against his pelvic bone for extra stim instead of using his penis like a pogo stick. She can also try squeezing his penis with her vagina, like when she is peeing and tries to stop the flow.

Intercourse Odds'N'Ends

■ Some couples enjoy using a vibrator during intercourse. This can work in any number of positions, or you can get artsy and try doing it like the couple in [Chapter 29. Oscillator, Generator, Vibrator & Dildo](#).

■ A woman who is on top and facing a man's feet can watch his penis go in and out of her vagina, especially with a mirror or she can videotape it with her phone.

■ Rear-entry positions allow the head of the penis to focus on different parts of the vagina than missionary positions. Rear entry also provides extra padding, which can be welcome if you are really bony.

■ Rather than thrusting, some couples find that rocking back and forth with a penis inside to be a pleasant alternative.

■ Rather than inserting the penis inside a vagina, some couples enjoy a lubricated penis moving between her labia, like a hot dog going back and forth through a bun. The ridge around the head of the penis glides back and forth over the clitoris (aka "femoral intercourse").

■ In the highly recommended book *Tricks - More Than 125 Ways to Make Good Sex Better*, author Jay Wiseman suggests that the man lies on his back and the woman places a pair of her panties over his penis. The penis sticks through a leg hole, with the panties draping down over his testicles and between his legs. The couple has intercourse with the woman on top. The material might stimulate him with each stroke.

■ Some couples find a well-trimmed and freshly bathed big toe to be a fun penis substitute. Also, a heel that's jiggled back and forth can provide a solid way to stimulate a woman's genitals.

■ There are couples who like to bite each other's shoulders or run their teeth along each other's skin while having intercourse. This works best when the skin is well-lubricated.

■ Some lovers prefer the feeling of intercourse after a woman has had an orgasm rather than before.

■ Women might not lubricate very well for the first couple of months following pregnancy, especially when while nursing.

■ Extra lubrication may be necessary if the woman is using drugs such as antihistamines, alcohol, or pot, or if the man is wearing a condom.

■ Some couples take an intercourse break to have oral sex; some do oral sex afterward.

■ Why not try feeding each other while having intercourse? That's what nature created papaya for.

■ Some couples enjoy a finger, thumb, vibrator, or butt plug on or in each other's anus during intercourse.

■ Most sex stores sell vibrating cock rings that fit over a man's penis and provide extra stimulation to the woman's clitoris when she rubs up against his pubic bone. There are also small vibrators in harnesses that can be strapped over the clitoris to use during intercourse.

■ Positions where you are sitting upright might allow more blood to pool in your pelvic regions, which could help some men get better erections and women receive more vaginal engorgement. These include positions where the man sits on a chair and the woman sits in his lap, wrapping her legs around his waist, or where he sits in the chair and she sits on his lap but is facing away from him.

Betty On Intercourse

What better way to wind down a chapter on intercourse than with a few passages from Betty Dodson's book *Sex for One*? These refer to what transpired during Ms. Dodson's sex groups for women.

On Pretending You're a Guy during Intercourse "One amusing and informative exercise was called 'Running a Sexual Encounter.' It involved reversing sex roles with the women on top. We made believe that our clitorises were penetrating imaginary lovers, and we had to do all the thrusting. I would set the egg timer for three minutes, a little longer than the Kinsey national average. As the fucking began, I would participate and at the same time comment on everyone's technique. 'Keep your arms straight; don't crush your lover. You're too high up; your clitoris just fell out. Don't stop moving, you'll lose your erection. Don't move so fast; you'll come too soon. And don't forget to whisper sweet things in your lover's ear between all those passionate kisses.'

"Watching the egg timer, I coordinated my theatrical orgasm with the ding of the bell, frantically thrusting for the last ten seconds. Then, falling flat on my imaginary lover, I muttered, 'Was it good for you?' and promptly began snoring loudly. It was always hysterically funny. Panting and exhausted, the women all exclaimed, 'How do men do it?' Complaints included tired arms, lower-back pain, and stiff hip joints. Most of the women had fallen out long before the bell went off. After that, there was always more empathy for men, and the women showed an increased interest in other positions for lovemaking."

Odds & Ends "Some of the women talked about experiencing pain with deep thrusting intercourse, while others claimed to want a hard fuck. In my youth, I'd confused hard pounding intercourse with passion, and experienced internal soreness afterward.... While I enjoyed a strong fuck when we were two equal energies in sync, I also loved the slow intense fuck."

"Another problem the women complained of was lack of lubrication and the pain of dry intercourse. Some women felt inadequate if they weren't

wet with passion. My experience varied; sometimes I lubricated when I wasn't even thinking about sex. Other times I could be dry even though I felt sexually aroused..."

On Orgasms "Some women had good orgasms with oral sex but not with intercourse. Others could come with intercourse but couldn't get off alone. Still others were having orgasms with themselves but not with a partner. All of the orgasmic women agreed on one thing: Their experiences of orgasm varied greatly from one orgasm to the next."

—From *Sex for One* by Betty Dodson, Harmony Books.

Readers' Comments

What are some of your favorite intercourse positions?

"My favorite position is doggy style, with me on my hands and knees, and him behind me. I like this best for two reasons: my vagina is tighter this way, and I can easily rub my clitoris and have an orgasm. I also love to sit on a guy while he is sitting up. This just feels wonderful. Our bodies are so close." *female 26*

"Good old missionary, with me on the bottom and him on top!" *female age 32*

"One of my favorite positions is sitting in his lap in a chair. He can kiss my neck or armpits, which drives me nuts, and I can move freely. If we are on the bed, I can also lie back and touch my clit if I want." *female age 38*

"My favorite position is sitting on top of him. That way I can stroke my clitoris or I can watch him do it." *female age 43*

"I like it best when we're doing it doggy style and I hold the vibrator and rub my clit with it. The sensation is wonderful!" *female age 25*

"I enjoy having him on top but recently discovered that if we lie on our sides with me in front and I throw my upper leg over his, he can enter me from behind and it's very exciting." *female age 45*

"I like to be on my back with my legs up while he is on his knees

entering me and rubbing my clitoris. We started using this position when I was pregnant and I still like it best.” *female age 35*

“I like to bend over a table and have my partner insert his penis from behind. We get great penetration this way, and he is also able to hit something in there that makes me feel really good!” *female age 34*

What do you like the most, and least, about intercourse?

“Worst part: the big wet spot. Best part: making the big wet spot.” *female age 27*

“It is wonderful when we first start having intercourse and I love the cuddling after. I don’t like how, if you don’t clean up afterward, the ejaculate runs out of you (sometimes cold) and drips down your butt onto the sheets.” *female age 30*

“I like it when he first inserts his penis into my vagina the best. The thing I like least about sex is having to really work for a long time to get him to orgasm when he’s had too much to drink.” *female age 34*

“I like the beginning the most and orgasm, of course. If somebody takes too long, the middle gets dull.” *female age 25*

“The first moments of penetration are the best. The wet spot on the bed, the worst.” *female age 44*

“The part I like best is when my man spends a long time getting me hot until I want him so badly I can’t wait and he finally sinks his penis into me. It’s such a relief to finally be joined together. I like it least when he enters too soon and comes too fast and says, ‘I’m sorry’ when I had my hopes up for more.” *female age 38*

“I love feeling him on top of me, kissing and caressing, and I love the feeling of his penis inside me. The part I don’t like is the mess.” *female age 35*

Top Notch Resources: It’s explicit and excellent, showing real-life couples: Jamye Waxman’s *101 Positions for Lovers* from Adam and Eve.

Fun, funny and perceptive—Sadie Allison’s *Ride ‘Em Cowgirl! Sex Position*

Secrets For Better Bucking, Tickle Kitty.



Dear Dr. Paul,

My new boyfriend is wonderful and I really want to have sex with him. But he's huge-porn sized and then some. I'm only 5' 2" and I'm worried he won't fit. I've had intercourse with other guys, with no problem, but he's bigger than the biggest. Do you have any advice?

Bambi

Dear Bambi,

Yes, I have advice.

One of the dumbest things people tell women with partners who are really big is "a baby can pass through your vagina..." Seriously? Have you ever heard a woman in labor who's trying to push a baby through her vagina? Intercourse isn't supposed to be like that.

As for your height and weight, I'm not so sure that's a factor. I interviewed a woman who is as petite as can be. Her husband's penis is in the 98th percentile for size, and she's never had any problem with intercourse. But another woman who is 5' 10" might have trouble with a penis that's even average size. So you can't predict.

I am assuming you have had a recent exam and have talked to a gynecologist about this. If there is a source of pain that is independent of your partner's penis, it is essential you resolve it first. Then I would suggest you and Thor call it quits on any attempts at intercourse for the next month or two. There are lots of ways you can please each other sexually besides intercourse. The illustration [here](#) shows how you get him off orally without dislocating your jaw.

Also learn to give him handjobs that are beyond anything he's ever experienced before. Do a browser search for "erotic massage." As for fitting his

penis into your vagina, consider working on some or all of the following during your vacation from attempts at having intercourse:

1. Have your partner squirt a generous amount of sex lube on his fingertips. He can gently clasp the outer lips of your genitals between his thumb and forefinger and do a small circular massage on one area at a time. Tell him what feels good and what doesn't. He should massage as deeply as is comfortable for you, then move to an adjoining spot. His goal is not to stretch the skin, but to get the blood circulating deep inside of the folds. He should do your entire genitals, including the outer lips and inner lips. (Guys of all sizes can do this kind of massage!)

2. When you are highly aroused, he can gently insert a well-lubricated finger into your vagina and rest it there. If it feels okay, he might insert a second finger and eventually a third. Breathe deep and work on relaxing your vagina when his fingers are in. He or you should then try stimulating your clitoris while his fingers are still inside your vagina. Having an orgasm with his fingers inside of you can help train your vagina to allow a penis that's bigger than it's used to.

3. If it's comfortable, the two of you can practice what midwives and obstetricians call "perineal massage." He inserts a well-lubricated thumb into the opening of your highly aroused vagina and rests it there. His forefinger should be on the outside, resting on the skin that's between your vulva and anus. He then clasps the tissue that's between his thumb and forefinger and massages it as well as gently pushing down. This stimulates the part of your vagina that stretches wider when you have intercourse. The ceiling of a vagina doesn't stretch very much, as the pubic bone is right above it. It's the part that's next to your bum that stretches. (Do a browser search for "perineal massage.")

The two of you should do steps 1 to 3 at least a couple of times a week until the floor of your vagina can more easily relax.

4. You might also try what's called "femoral intercourse," but it isn't intercourse at all. It is where your partner lies on his back and you lube up his penis and the lips of your vulva. You then straddle him and ride back and forth along the length of his well-lubed penis as it is lying against his belly. Think of your vulva as being like a hotdog bun, and his penis is like a Ballpark Frank. You slide up and down the length of the dog, enjoying the sensations without

him trying to steal home. Be sure to use birth control. His penis is not going into your vagina, but he's going to ejaculate near the opening of your vagina and that's reason enough to call out the contraceptives. (You can also do femoral intercourse with him on top or from behind.) Since you are in complete control, it can be helpful if you learn to give yourself orgasms this way, or at least enjoy the sensations.

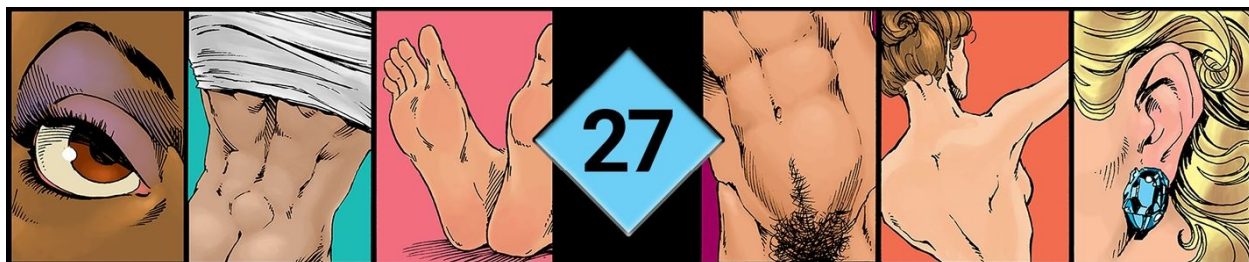
5. Consider purchasing two or three dildos that range in size from small to large. Start by lubing up your vagina and the smallest dildo. Once you become comfortable inserting the dildo and moving it around inside your vagina, try the next size. But never move up to the next bigger size until you are completely comfortable with the current one. This should be done over several weeks and not all in one night. Try having an orgasm with the dildos inside your vagina.

6. Once you are comfortable with these steps, have your partner rest the head of his well-lubed penis against the opening of your vagina, but to go no farther. A day or two later, have him move in about a quarter-of-an-inch if it is comfortable for you. Try another quarter of an inch as long you feel comfortable with it. Stop if you feel pain.

As for intercourse positions, you'll want to be really conservative. Stay with the classic missionary position where you are on your back and your legs are slightly spread. Avoid rear-entry positions and stay away from anything where your legs are flexed. Flexing your knees will compress or shorten the available thrusting space in your vagina. Also, having an orgasm before intercourse help to relax your vagina.

To prevent pain that's associated with deep-thrusting, your BF can put his fist or a gasket around the base of his penis. This can shorten the plunging depth. (To make a gasket, cut an inch or two off the end of a masturbation sleeve called The Maven.)

If none of this helps, you might try finding a physical therapist who specializes in pelvic pain, or accept the fact that his penis isn't going to fit. Learn to have great sex by getting each other off in other ways besides intercourse. You might end up having a better sex life than a lot of couples who can have intercourse.



Surfing the Crimson Wave (From Period Gear to Period Sex)

There aren't many men who have had to ask a friend to check the back of their pants because they were afraid period blood was soaking through. And no guy has ever had to change a pad or tampon during a five-minute break between classes—all while acting like nothing is up so they didn't have to risk being ridiculed for having their period.

But instead of being thankful about not having periods, guys sometimes behave like dorks when it comes to menstruation. Perhaps this is the price we pay for sending young men out of the room during discussions about menstruation. We turn a fact of life into a mystery.

Another fact of life is that once you are in a relationship, periods impact both of you. That's why this chapter was written—to help explain the nuts and bolts of menstruation to men and to help encourage discussions between partners about everything from back aches and cramps to period flow and period sex.

Nearly 20% of the Women You Know Are Having a Period Right Now

At this moment, nearly 20% of all non-pregnant women between the ages of 15 and 50 are having their periods. That's one-in-five. When you put it in that perspective, it's hard to understand why anyone would think there's something unusual or embarrassing about periods. It's also important to know that a woman's intellectual or job performance is not affected by her menstrual cycle. Plenty of women have won Olympic medals and recorded platinum songs while having periods.

The Pad and Tampon Wars

Two young boys walk into a pharmacy one day, pick out a box of tampons, and proceed to the checkout counter. The man at the counter asks the older boy, “Son, how old are you?”

“Eight,” the boy replies.

The man continues, “Do you know what these are used for?”

“Not exactly,” the boy says. “But they aren’t for me. They’re for him. He’s my brother. He’s four. We saw on TV that if you use these you would be able to swim and ride a bike. Right now he can’t do either.”

Over the years, advertising for period gear has not been the smartest. For instance, here’s a dreadful Kotex ad from seventy years ago:

Mothers—Why get all involved trying to explain the facts of menstruation to your little girls when there’s a simple, easy way to do this dreaded task? Let the new booklet “As One Girl To Another” do this job for you! It will spare you a session that may only end in confusion, and embarrassment.

Fortunately, advertising for pads and tampons has not been all bad. As you can see from the story about the boy wanting to get tampons for his younger brother, period-gear advertising has helped put to rest the long held notion that women’s bodies are weaker than men’s because they have periods:

Every Day of the Month Is a Day of Freedom. —*Tampax*, 1936

Don’t Give Up Athletics Any Day of the Month. —*Tampax*, 1939

Why let trying days of the month rule your life? You don’t need time-out... That is, if you choose Kotex sanitary napkins. —*Kotex*, 1942

Long before feminism, ads for period gear were telling women their bodies and brains were not inferior to men’s as long as they bought the right pad or tampon.

From Evil Spirits to Modern Science

Blood has freaked people out since the beginning of time. We see it as a sign of injury or disease. So instead of viewing menstrual flow as being normal and natural, period blood has often been interpreted as a sign that something wong was going on inside of a woman's body. Aristotle said periods were a sign that women's bodies were not fully developed, because if they had been, women would have started to produce semen during puberty instead of blood. In some cultures, menstruation was thought to be the work of spirits, and there must have been times when women wondered if spirits hadn't taken over their bodies during their periods. Some still do.

While modern science has better answers about menstruation than ancients like Aristotle, we still don't know why women menstruate every month and whether it's a good thing or not.

Period Flow Explained

People often refer to period flow as “blood,” as if a woman was bleeding from her vagina in the same way she would be if she cut her finger. Not so. There are few similarities between a cut or wound and what occurs during menstruation.

In order to prepare the body for the possibility of pregnancy, the lining in the uterus becomes thicker during the first part of a woman’s cycle. The ovaries then release an egg. If there’s no sperm for conception, the egg drops through the uterus without implanting on the walls. As a result, the outer tissue in the walls of the uterus begins to shed. The blood in period flow comes from the blood vessels in the walls of the uterus that are exposed after the uterine lining is shed.

In addition to uterine tissue and blood from the uterus, menstrual flow contains water, electrolytes, and secretions from the vagina and cervix. The percent of blood in menstrual flow can range from very little to around 70%, depending on what day during a woman’s cycle it is. This can also vary from woman to woman and from cycle to cycle, as can the thickness of the flow.



Some men and women believe that period flow is caused by the walls of the vagina shedding. This is not correct. Vaginal secretions can contribute to period flow, but the vagina is by no means the source of period flow. This is why it's

safe to have period sex as long as a woman feels like it and does not have a blood borne disease.



Period Facts

■ Women are told that the normal time for a cycle is 28 days, with the duration of bleeding from 4 to 6 days. That would be fine if one size fit all, but for many women cycles range from 21 to 32 days. The time between periods can be the same from cycle to cycle, or it can be all over the place. The duration of bleeding can vary as well.

■ The total amount of flow during an average period is about 1/4 of a cup or 4 to 6 tablespoons. This is way less than most people think. However, women don't calculate period flow with tablespoons or cups. They usually quantify their menstrual bleeding with how many tampons or pads they use.

■ Period cramps are related to labor pains. Both are mediated by prostaglandins. Inflammation can make them worse, which is why anti-inflammatories such as aspirin, ibuprofen or naproxen can help with cramps. The trick is in taking them a day or two before you think your cramps will begin. Birth-control pills can also help decrease cramping.

■ Orgasms can help relieve cramps and period pain. They pump pain relievers into the body and the contractions can help push accumulated fluids out of the uterus. Still, can you imagine a mother telling her daughter, "Honey, if you're having cramps, why not masturbate?"

■ The faster period blood drips out, the more red it's going to be. The slower it drips out, the darker it might be. That's because when period blood flows more slowly, it spends a longer time in the upper part of the vagina and becomes oxidized, which can result in its turning brownish. The reason why period blood often looks brown on pads is because it has mixed with oxygen and has oxidized. When period blood comes out really slowly, it can look like a dark, tar-like paste.

■ The book's gyno consultant said that when there's heavy flow, she likes to see clotting, because it means the body is working to decrease the amount of bleeding. It concerns her when there's a lot of bright red blood that is thin

like Koolaid and has no clots in it. As a woman gets older, “she’ll start to shed tissue from the lining that looks like ‘strings’ of tissue.”

■ After a woman turns 40 or so, the volume of flow might increase, but for only 1 to 3 days rather than the whole time. There might be more clumps, as well.

If you are concerned about any of this beyond the basic annoyance that it has to happen to you, be sure to ask a healthcare provider!

Some of the Things Girls Want to Know about Periods

Girls in their teens want to know how to control the flow, how to make cramps and backaches disappear, how to get stains out of their underwear, pajamas and sheets, how to predict when their periods will arrive and to know how heavy they will be. They want to know how to carry period gear inconspicuously and how to deal with embarrassing moments when boys find out they are having their period.

When girls get older and become sexually active, they might want to know more about period sex, and no matter how young or old they are, women frequently wonder “Why does this just happen to us and not guys?” Women also wonder why they’re the ones who have to pay the cost of period gear, a financial burden that few guys appreciate until they become the fathers of teenage daughters.

Positive Things about Periods

Periods give girls a chance to share information about their bodies at a time when parents still refer to female genitals as “down there” and a lot of teenage girls don’t even know what their clitoris is. Sharing experiences about periods can also be a source of bonding, not to mention an outlet for personal horror stories like when the hottest guy on the planet got behind you in the checkout line after you had just put a gigantic box of Kotex on the conveyer belt.

Period Parties & “You Are Becoming a Woman”

A lot of mothers today are framing a girl’s first period as an important milestone in a girl’s life. Some moms take their daughters out to a special lunch or dinner, and some even have parties—which might be a bit much as far as some daughters are concerned. But if parents feel the need to mortify their kid with a cake and party to celebrate their daughter’s first period, at least it’s a step in the right direction.

As for the cake itself, do you stay with a classic white cake or do you make a bold statement and go with a red velvet? What color frosting do you use, and do you decorate it with marzipan pads and tampons?

As for saying that a girl has “become a woman” after her first period, that seems to be stretching it a bit when you consider how early girls are having their periods. To think that an 11-or 12-year-old girl in Western culture has reached womanhood begs a reality check. A girl’s first period marks an important biological passage, but it’s more reasonable to think of her high-school graduation as a transition into womanhood.

One of the most significant passages a first period marks is it allows a girl to enter into the same “club” that her mom, friends and older sisters are in. This can be empowering and socially important. Some girls who have their first period later than their friends feel left out of this “club” and can’t wait to join it—until they start having their periods.

For First-Time Tampon Users

“I didn’t realize the cardboard was supposed to come out (while the cotton wad stays in). It was a rather uncomfortable first hour, ‘til I finally asked a girlfriend ‘What the hell?’” *female age 28*

“I mostly use pads, but they used to get stuck in my pubic hair. OUCH! Tampons are only useful for pools and hot tubs, otherwise it feels really weird walking around feeling like you have a soft dick stuck in you all day.” *female age 21 [The soft dick feeling could be happening because she isn’t pushing the tampon in far enough.]*

“Pads were so horrid, even though I used them for many years. They were just so gross, it felt like wearing a diaper, but I could never get the hang of applicator tampons, so I just used pads. When I got to college we got a free trial pack of OB applicatorless tampons and I fell in love instantly and have never looked back!” *female age 20*

“I hated pads because I felt gooey and gross when I wore them. The blood never absorbs like the commercials say it does. I hurt the first couple of times I put a tampon in, and had to force it, but eventually that stopped and I didn’t have a problem anymore.” *female age 21*

“I never had a problem using tampons, and I hate it when my pubic hair gets stuck to the bloody pad. YUCK. So I’m a tampon girl—though I have to use the slim kind, as the larger ones hurt.” *female age 20*

A number of female readers have reported strange or painful experiences when they first tried using a tampon, including trying to pull out the tampon while it was still dry. This probably resulted from wearing a higher absorbency tampon than was needed and the tampon ended up sticking to the sides of their vagina. Tampons come in a couple of absorbencies. While guys might think “Get the biggest and baddest tampon you possibly can,” it’s best not to use a tampon that is more absorbent than you need. And always be sure to read the directions, especially about how often to change them.

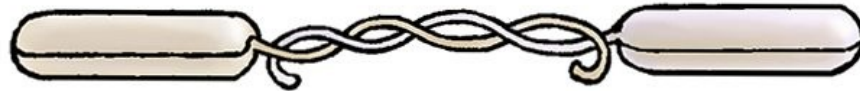
When a Woman Drops a Tampon

Researchers did a study where a woman “accidentally” dropped either a tampon that was still in its wrapper or a hair clip on the ground. They asked people who viewed the woman dropping the objects what they thought about her. When she dropped a tampon, the woman was considered to be less competent and less likeable than when she dropped the hair clip. It’s not like she dropped a used tampon, not that it should matter. To this day, people still have issues with periods. (What do you think the response would have been if she had dropped a condom?)

Cycle-Related Breast Tenderness

Some women's breasts get really sore when they are having their period. Other women experience breast soreness at a different time, like when they are ovulating. Period-related breast soreness can be slight, or it can be so extreme that just driving over speed bumps can hurt. Some women say their breasts will feel like they are bruised. Both breasts can become tender, or just one. Breast tenderness can be helped by taking birth-control pills, or it can be caused by taking birth-control pills. Some women find that anti-inflammatories such as aspirin, ibuprofen or naproxen are helpful. Talk to your gynecologist about it.

Breasts can also become sensitive in a way that welcomes kisses and caresses during certain times of the month. So if you are in a relationship, breast tenderness is important to talk about.



Tips for Having Period Sex!

Some couples prefer not to have period sex. But for those who do, here are some tips and suggestions:

■ Some couples say the flow feels better than store-bought lube. Others need to add store-bought lube for period sex. That's because a woman's estrogen level tanks during her period, which can result in less natural lubrication.

■ A woman's cervix drops when she's having her period, so you might find certain positions are better for period sex. Explore and see what feels best for you.

■ Some women get extra-horny during their periods. This might have to do with a change in hormones, or perhaps they feel more relaxed since it's harder to get pregnant. Menstrual swelling can also help some women have a really nice orgasm.

Some couples are cool being coated with period flow; others act like they've arrived at a crime scene. You can vary your flow exposure with the following:

■ Use a Softcup or Flex Disc that catches the flow as it drips from the cervix and can't be felt during sex.

■ Put a towel down to catch the flow, or have shower sex.

■ If intercourse during periods isn't for you, you can always get each other off by hand, with a vibrator or dildo. Orgasms can help ease period pain.

■ Anal sex can be an option if both of you enjoy it, but it's hard to think that a woman who enjoys anal sex would have a problem with vaginal sex while she's on her period.

■ DO NOT wear a tampon during intercourse!

Tips for Receiving Oral Sex While on Your Period

■ Use a Softcup, Flex Disc, Menstrual Cup or Diaphragm. These will collect the flow so it doesn't run through a vagina. Some women get a diaphragm for the sole purpose of having period sex. While menstrual cups like the Diva Cup are great for oral sex, they aren't good for intercourse because they sit in the vaginal canal.

■ Splash some water into your vagina, then insert a tampon before a partner goes down on you. The tampon will catch most of the flow. If intercourse follows, be sure to take the tampon out first.

■ Cover the outside of a woman's genitals with a barrier or plastic wrap. A little lube between plastic wrap and her genitals might help.

■ Some guys like going down, period flow and all.

Reader Comments about Period Sex

"I enjoy it but it tends to gross me out. It's different, more sensitive and I tend to orgasm faster." *female age 32*

"Period sex helps with cramping. I feel fat and ugly but know that when I cum my cramps will feel much much better/be gone." *female age 27*

"I prefer not to, because it's messy, and I can smell the blood, which I really don't like." *female age 34*

"Period sex definitely feels different. It feels heavier, more solid, and the pleasure from penetration is usually heightened somewhat. I'm usually a bit hornier when I'm on my period. I love having sex in the shower—don't have to worry about cleanup!" *female age 23*

"Period sex feels gross and nasty, too wet." *female age 19*

"I am always really horny when I am on my period, so I kind of enjoy it. However, I feel like ironically I dry out quicker." *female age 21*

“It kind of burns when I have period sex.” *female age 31*

“I love having period sex even though it’s kinda gross. It’s way different. It just feels much better.” *female age 25*

You can get pregnant from period sex, although the chances are often lower than at other times. You can get sexually transmitted infections like hepatitis or HIV from period blood if a woman has those infections, even if she shows no symptoms.

Period Gear That Works for Intercourse

The Softcup and Flex Disc are period flow collection devices that a woman inserts with her fingers into the back of her vagina. They collect period flow as it drips from the cervix so it doesn't go through the vagina. Unlike menstrual cups and tampons, the Softcup and Flex Disc can be a good choice for intercourse during periods because they don't intrude into the vaginal canal.

Menstrual Cups—A Cross between a Diaphragm and A Shot Glass

A menstrual cup is a soft, flexible container made of silicone rubber or latex that is inserted into the vagina to collect period flow. Once it's in place, it forms a seal that allows it to collect the blood. It looks a bit like a small, upside-down funnel, although the stem is not hollow and the body of the cup is more rounded than a funnel. Menstrual cups should not be used for intercourse, but they will keep period flow out of the vagina for oral sex. There are a number of different brands of menstrual cups. Each has a slightly different length, softness and stem.

A lot of women who are devoted users say they originally thought the concept of a menstrual cup was gross or disgusting. But they experienced so many advantages in using menstrual cups that they wouldn't think of going back to pads or tampons. According to users, here are some of the advantages:

■ Unlike a tampon, which absorbs the natural secretions of the vagina in addition to period flow, a menstrual cup collects only period flow. As a result, it won't dry out a vagina.

■ A lot of users don't get the kind of leaking that they do with tampons. With less leaking, the chances are lower that a woman's underwear will be stained.

■ Some cup users say they experience less cramping than when they used tampons, and no more late-night runs to the store to buy tampons or pads.

Making Your Own Custom Pads

It's fairly easy to sew custom period pads. They look great and help save landfill space. There are a number of websites that have patterns and show how to make pads. Enter "cloth menstrual pads" or "homemade feminine pads" in your browser and you'll find dozens of patterns.

Period Suppression

Period suppression refers to a woman preventing her period from happening by ditching the placebo week of birth-control pills or keeping her NuvaRing in for all four weeks instead of for just three. (You should never attempt this without first discussing it with your gynecologist. It will work with only certain pills or other hormonal methods and there might be health concerns that could make it a bad idea.) The hormone-releasing IUD can also cause a decrease in a woman's periods.

There is still a lot of debate about the safety of period suppression. There are theories that nature never intended women to constantly have monthly periods because women were pregnant so often or were nursing infants. The reasoning goes that having as many periods as women do today is not good for you. Other theories claim that a monthly fluctuation in hormones that happens with periods is good for a woman's body and is one of the reasons why women outlive men by five years or so. There are also concerns about the impact of period suppression on bone health, which could vary from woman to woman.

While menstrual suppression appears to be safe, we don't have the kind of long-term studies yet to help seal the deal.

Tipped Uterus Considerations

Some women with a tipped uterus experience period pain more as a back ache than a pain in their abdomen. They may have diarrhea during their periods. This is because their uterus is closer to their rectum. The prostaglandins that are released by their uterus have more of an impact on their rectum as a result, which can cause diarrhea. So women who have a tipped uterus might know when their period is coming if they start having loose stools.

PMS

PMS is short for pre-menstrual syndrome. It refers to period-related mood fluctuations. To this day, PMS remains such a loosely defined concept that in addition to women, most men qualify as having it.

During World War II, when the bulk of American man went to war, millions of women manned the nation's industrial-war machine. Our female-dominated workforce turned out an armada of planes, tanks, ships, and guns that was unprecedented in history. It wasn't until the men returned from war and needed their jobs back that the myth of women's so-called hormonal instability began to rear its head. This corresponded to our society's need to get women out of the workplace and back into the home.

An entire PMS industry sprung up during the 1990s that attempted to turn hormonal mood fluctuations into a disease. This helped fuel the notion that women as a group are flakier than men. Just as flaky, absolutely; flakier, no. While period-related mood fluctuations can definitely result in mood swings, this usually doesn't make a woman emotionally unstable unless she's emotionally fragile to begin with. Studies show that men have as many monthly mood swings as women, but there's no psychiatric diagnosis for that. Something that might help women with severe period related mood swings is birth-control pills and dietary changes. However, some women find that the pill creates mood swings or makes them worse. It depends on the pill and the woman.

Getting The Red Out—Removing Period Blood

If you've been having periods for a few years and haven't stained a whole bunch of things, consider getting treatment for an obsessive-compulsive disorder. If you do a browser search on how to remove blood stains, you'll find a lot of disagreement. One reason is because the percent of blood in period flow can be high or low, depending on where a woman is in her cycle. So something that might work for period-related stains one day might not work the next.

It's always best to treat stains that have blood in them as soon as possible. If you can, try hitting a new stain with a wad of saliva and blotting it up (do not rub, as it will rupture the blood cells and make the stain worse). Better yet, if there's some contact-lens saline solution handy, try that, or mix 1 cup of salt in 2 quarts of cold water. Soak the garment in that. Never treat fresh blood stains with hot water.

A lot of women say that hydrogen peroxide can be helpful for fresh stains that haven't been set or gone through the washing machine. However, hydrogen peroxide can make the fabric weaker. That's why hydrogen peroxide is not a product of first choice on delicate fabrics, unless you were hoping for crotchless panties.

If the fabric that is stained is cotton, one reader who does housecleaning in hotel rooms advises putting a towel under the stained fabric, pour peroxide on the blood stain, and then put another towel on top of the stain. Iron the towel that's on top with a hot iron. If that doesn't lift the stain out, repeat the process a couple of times.

Blood stains can become really nasty when the hemoglobin in the blood mixes with oxygen in the air. This binds the stain to the fabric. Since hemoglobin is made up of iron, what you might be dealing with in a blood stain is a rust stain. The folks at Tide suggest using rust remover if the usual removal techniques fail. Carefully apply Whink Rust Remover or another liquid rust remover following the instructions on the package. Then rinse the fabric in 1 quart of water to which 3 tablespoons of baking soda have been added. Air dry and repeat if necessary.

A lot of women have specific panties for periods, which could have been

underwear they really liked but ended up with stains that wouldn't come out. Others wear dark underwear that won't show stains, and some get Walmart specials to wear when they are having their periods.

A Brief History of the Tampon

The modern tampon was born in the late 1920s or early 1930s. It was called an “internal sanitary napkin.” It did not have an applicator or a string. It was wrapped in gauze, which formed a tail that a woman pulled on to remove the tampon.

Another early tampon was called Paz. In 1936, the Tambrands company bought the Paz renamed it Tampax, which was the first tampon with an applicator. (The very first tampon was called FAX. The name Tampax covered all three bases: Tam+Paz+Fax.)

An early problem with using tampons is they required women to touch their genitals. There were widespread fears that this would lead to wanton immorality. There were also fears that tampons would devirginize teenage girls. As late as the early 1990s, Tampax ran ads to help dispel this fear.

A Brief History of the Pad

Kotex had its origins during World War I. Since cotton was in short supply, companies started to make bandages from cellulose. Army nurses found that the cellulose bandaging made an excellent substitute for the menstrual rags that they wore. It was cheap, absorbent, and they could throw it away.

As soon as the war was over, Kimberly-Clark, the company that made the bandages, looked opportunity in the crotch and created Kotex, which stood for Kotten-Like-TEXTure. They hoped that by using a cryptic name such as “Kotex,” women would be able to buy the product without the embarrassment of male clerks knowing what it was.

Another challenge for Kotex was to create an ad for their new product that magazines in the early 1920s would run. This was advertising for a product that went between a woman’s legs at a time when such an item was still new and possibly scandalous.

As for the reference to “science” in the ad that follows, there is a similarity with the way we sell products today by claiming they were “Developed by NASA.”



To Save Men's Lives Science Discovered
KOTEX

This 1920 prototype of a Kotex ad was rejected for magazine placement because it contained too many men in a product that was for women.(Notice how the object the nurse is handing the soldier is about the size of a Kotex and is almost in the line of sight of where a sanitary napkin is worn.)

Recommended: Be sure to check out the amazing *Museum of Menstruation* website: www.mum.org. (Sorry, we're not allowed to make this link live, even though it's not a porn site!)

If you are doing research on menstrual products patented in the United States

from 1854 to 1921, read a copy of a paper of the same name by Laura K. Kidd and Jane Farrel-Beck.

While the following book title is a tad on the academic side, it could be the most spot-on period book to date: *Girls in Power: Gender, Body, and Menstruation in Adolescence* by Laura Fingerson, Albany, New York, State University of New York Press.

The classic period book *Are You There God? It's Me, Margaret* by Judy Bloom has sold roughly 8 million copies since it was first published in 1972. It continues to sell more than 100,000 copies each year. This makes it one of the best-selling books of all time.

A Special Thanks to Maureen Whelihan, MD, gynecological goddess, and to Rear Admiral Anne Schuchat, MD, from the Center for Disease Control and Nina Bender at Whitehall Laboratories. Also, thanks to Harry Finley at the *Museum of Menstruation* for consultation on the history of sanitary napkins and tampons, and to Jane Farrel-Beck for being so generous with photocopies of her articles! The original negative of the 1920s Kotex ad belongs to the Wisconsin Historical Society, used with thanks.

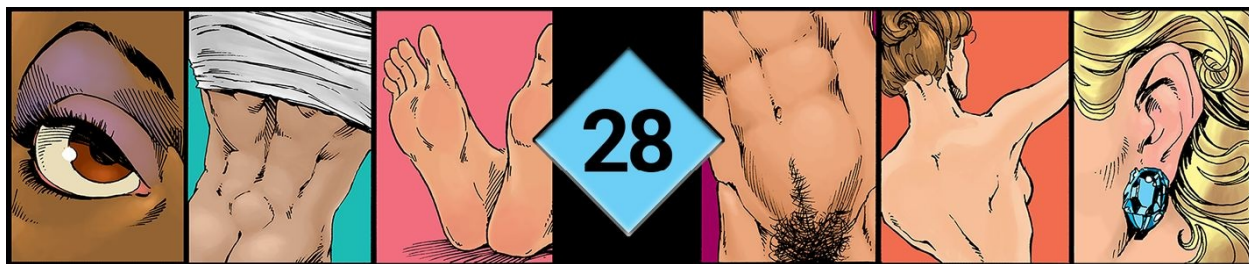


Before...



...After

In earlier editions of The Guide, Captain Menstruation was a guy. He was a parody about the ridiculousness of period gear ads showing pads with wings flying through the air. But women said he was a little creepy and they felt it would be more empowering if Captain Menstruation were a woman. So Daerick gave the Captain a sex change.



Playing with Yourself

Masturbation has fallen on hard times.

I honestly thought it couldn't get any worse than when we had to deal with the ridiculous No-Fap movement that was using warmed over pseudoscience to make young men feel bad about jerking off. But then, a college newspaper reporter who was interviewing me last year said there are a lot of young women who aren't comfortable with the idea of women masturbating. In disbelief, I checked with sex educators at other colleges around the country. They confirmed that a lot of young women feel it's "nasty" or wrong for women to masturbate.

It seems that the billions of dollars our government has spent on abstinence-only sex education has achieved one of its primary goals—to make young women feel shame about their genitals and wrong for doing what people do when they have a healthy sex drive.

I'm not saying that a woman should or shouldn't masturbate. But for young women to assume it's nasty for them to masturbate implies that they shouldn't be enjoying one of Mother Nature's greatest gifts to humankind. Compared to partner sex, masturbation is totally under your control and a woman doesn't need to shave, shower, and worry about which bra and thong to wear. Better yet, no woman has ever gotten pregnant or contracted a sexually transmitted infection from taking matters into her own hands.

Also, masturbation is one of the best ways there is for a woman to learn about her own body. How are guys supposed to know how to get a woman off when she hasn't learned how to get herself off? There is no medical reason why you shouldn't masturbate. It's your hand and your pants; if you want to stick one into the other, it's totally up to you.

Masturbation Over the Lifespan

As teenagers, most of us felt certain that masturbation was an adolescent thing, something people get over when they become adults. That never happened.

There are times when people masturbate a lot, and times when they hardly do it at all; times when it feels great, and times when it's a letdown. During those times when the world doesn't seem like such a nice place, masturbation can usually be counted on to help take some of the edge off. It also helps ease the transition between wakefulness and sleep. And contrary to what you might think, it can play an important role in relationships even when the sex between you and your partner is wonderful.

Some people find their bodies work better if they have an orgasm every day or two, with masturbation being a natural way to help this happen. Sometimes, you might find you get into a certain state of mind where you need to masturbate to relax enough to get your work done.

Vital Statistics on Fapping

The following was told to Harry Maurer by a young woman for his book *Sex: An Oral History*, Viking Press:

“My mother has a vibrator that my father gave her one year. When I used to come home from college, I knew where she kept the vibrator, and I knew they never used it, so I would put it into my room and use it for the vacation. One summer I came home and it wasn't there. I was going crazy, I'm really a vibrator addict. Finally I was just so horny I said, 'OK, Mom, sit down. Where's the vibrator?' She's like, 'What!' I said 'Look, here's the deal. I've been stealing your vibrator for three years, and I need it now.' She was blown away, but she goes into her room, comes back with the vibrator, and says, 'By the way, have you ever used the jet in the hot tub?' ”

According to just about everyone who has ever researched the subject, somewhere between 80% and 95% of men eventually masturbate and between 50% and 85% of women do it.

Contrary to what you might think, people don't masturbate any less as they get older. Many people who are married or deeply involved in a sexual relationship still get themselves off by hand. Masturbation doesn't decrease a person's desire for shared sex. For some people, it increases it. They masturbate more when they are in a relationship.

How often do people masturbate? It varies from a couple of times a day to never. As for the number of orgasms per effort, researcher Thore Langfeldt interviewed children in Norway from kindergarten through high school. He found younger boys and girls could give themselves multiple orgasms when they masturbated. But as they got older, the boys started reporting fewer orgasms per attempt, while the girls reported more. This is a trend that continued with increased age and experience.

What the Sandman Knows about Masturbation

According to the Sandman, the most common time when people masturbate is at night before they go to sleep or before taking a nap.

Sometimes it feels good to masturbate after a workout. Plenty of people masturbate during a study break or when they have to spend long hours doing a paper or a project. It helps them to refocus. Some people masturbate before a date so they will be more intellectually present. Women sometimes masturbate during their periods to help relieve cramping, or before intercourse to help it feel better, and a lot of women masturbate after intercourse. Some people wake up feeling horny. They might masturbate early in the morning, before having their Corn Flakes®.

Seriously Twisted Lunacy from Kellogg's of Battle Creek

Kellogg's Corn Flakes were created to give children more stamina so they wouldn't want to masturbate. John Harvey Kellogg, M.D., founder of the flake, believed that masturbation was "more immoral" than adultery. He called masturbation the "most heinous, revolting, and unnatural vice." (In case you think that was then and this is now, we now have the "No-Fapp" movement, which is every bit as strange as Dr. Kellogg.)

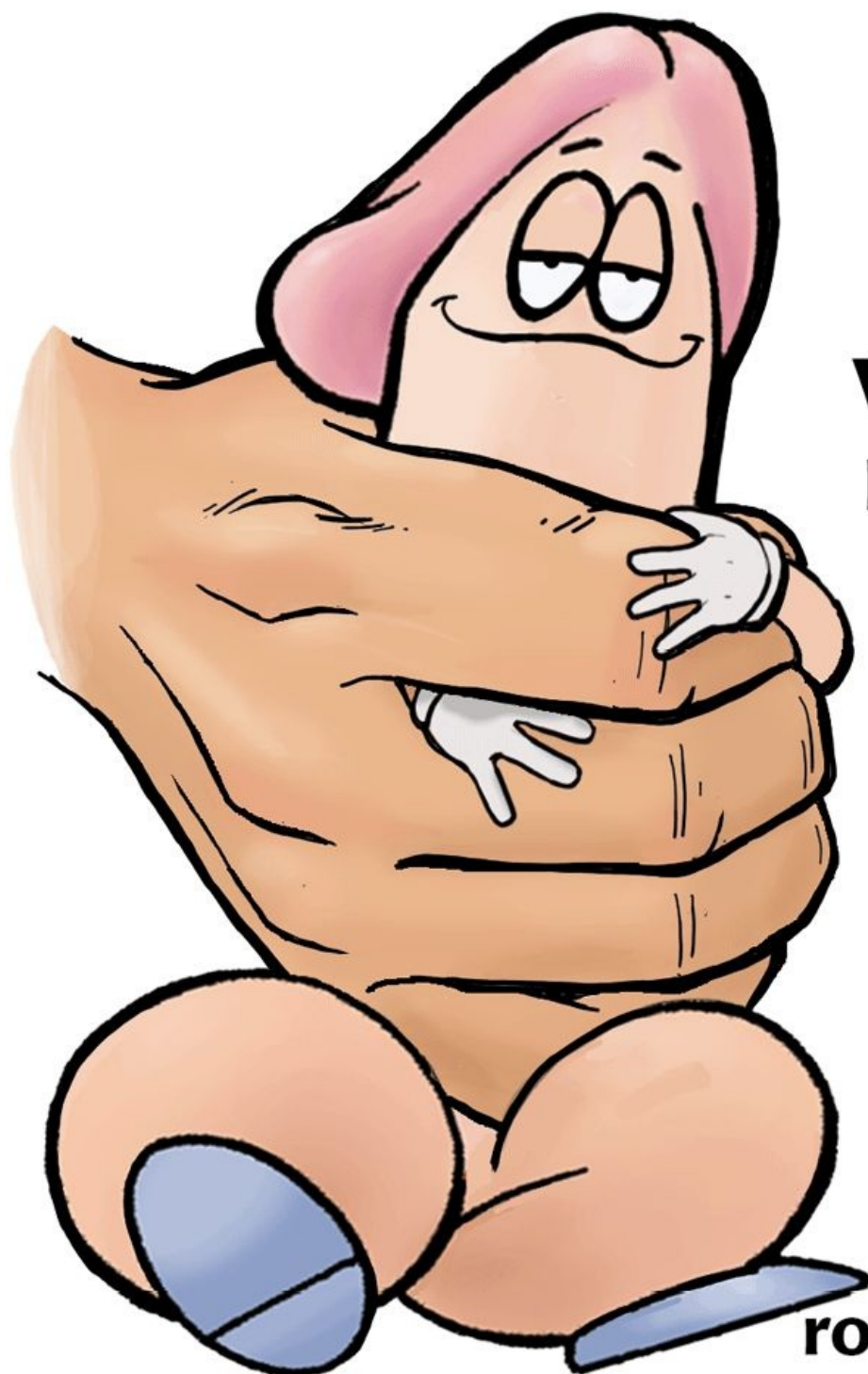
Kellogg proposed a six-point program for every American male that included taking cold enemas every day and wearing a wet girdle to bed at night to help prevent masturbation. His advice for parents whose children were caught masturbating included bandaging the genitals, covering them with cages and tying the child's hands together.

Dr. Kellogg, who was a prominent physician, recommended circumcision without anesthesia for boys who masturbated. He believed the pain would be a helpful punishment. Any foreskin was left should be sewn shut over the glans of the penis to keep the young man from having erections.

Kellogg was an interesting guy.

Dr. Kellogg's cereal is still known as "Kellogg's of Battle Creek." Battle Creek was the name of his mental asylum, where he served his special cold cereals to help keep the inmates from masturbating. The finest medical minds of the day couldn't quite agree on the specific horrors that masturbation would cause. Some claimed it caused a man to become feeble, lackluster, feminized, impotent and to have underdeveloped genitals. Others claimed it had the opposite effect, turning young men into sex fiends who would have uncontrolled eruptions of lust and would blow the family fortune on prostitutes. Ads in popular papers promised to cure "the excesses of youth" and "underdeveloped genitals," which were what happened if you masturbated.

To keep Dr. Kellogg spinning in his grave, you might occasionally masturbate while eating a bowl of Kellogg's Corn Flakes.



**Wanking
Protocol**

**for
when
you
have a
roommate.**

Wanking Protocol for When You Have A Roommate

Even if they're not particularly horny, a lot of people masturbate in bed at night to help turn their brains off. But good luck if you have a roommate. Most people would find it less embarrassing to be walked in on while they are having sex with a partner than when they are masturbating. And firing up a 30-amp vibrator or humping your teddy bear until his stuffing starts to explode could be a thing of the past.

The usual solution for masturbating when you have a roommate is to wait quietly until your roommate is making sleeping noises. This is not as easy as it sounds, since your roommate is probably waiting for you to make sleeping noises as well. Fortunately, there are common-sense solutions they usually don't tell you about at your college orientation.

First, pull out your copy of *The Guide* and open this part of the book. Say to your roommate, "I wonder if we should talk about this?" Of course, there are roommate situations where you'd rather be anally penetrated by a herd of buffaloes than talk about masturbation. But let's say your roommate is reasonable and has the same needs you do. Here are some options to consider, or you can suggest some on your own. Some roommates are comfortable only adopting the first solution, others are fine with whipping it out together. It just depends.

■ Agree to share with each other your class and work schedules, and agree to text your roommate if there are any changes, especially if a class was cancelled and you're returning early. A quick text, call or a long, loud series of knocks on the door accompanied by a verbal warning such as, "I can come back in ten minutes" shows consideration.

■ If you are leaving and won't be right back, you agree to tell your roommate, "I'll be gone for at least ??? minutes." Don't come back before then unless it's totally necessary, in which case you'll knock loudly and wait to hear "Come in" before coming in.

■ You agree that after the lights are out, it's fine for either of you to masturbate as long as you are reasonable about it. While it's usually

impossible to be totally silent, you don't need to moan and snort or have porn blaring. (Even when you're using earbuds, porn can be annoying and distracting to roommates.)

■ You agree it's okay to rub one out first thing in the morning while you are still in bed to help to tame a raging A.M. erection or to relieve a case of sunrise horniness.

■ If one of you has a significant other at a different school or on another planet, you agree to work out times when the one with the distance relationship can be alone to chat or do whatever with his or her lover. That way, they can get themselves off to the sound of their lover's voice or from the phone between his or her legs. However, this is a privilege that a less-than-sensitive roommate can easily abuse, so the one with the distance relationship needs to be fair, reasonable and not overdue it.

■ You agree if one of you is seeing a person who is abstinence-only to the extreme or doesn't want to have sex yet, that upon returning from an evening with this person, you will provide he or she with at least fifteen minutes of alone time in addition to heartfelt condolences.

Two Things to Avoid

It's not a good idea to masturbate while wearing earbuds or noise-cancelling cans, as you won't be able to hear your roommate's warning knock or keys in the door.

And never, ever masturbate in a bathroom stall unless it's in your own dorm and it's well understood that everyone does it. The problem with jerking off in a rest room stall is that it could be against the law and you could get busted if there's a sting operation going on. It doesn't matter if you have the stall door locked and are being discreet.

And Finally...

Tissues and toilet paper are usually what guys masturbate into, although socks and dark-colored underwear are frequent standbys. Do not leave your cum-soaked tissues or whatever sitting around.

For males who are wanking in the shower, don't leave a wad of your hair on the drain cover with chunks of clumpy spunk stuck to it. That's gross. Also, it's better to use hair conditioner for lube than soap, because soap can make your urethra burn. Unfortunately, while hair conditioner may claim to add volume or thickness, your penis is not what they have in mind.

Men & Masturbation



How Guys Learn to Masturbate

“When I was ten, an older friend showed me how to masturbate. He had a full ejaculation, but nothing came out of my penis. Time was the answer to that problem.” *male age 45*

Males often learn to masturbate from friends, porn or a big brother. Or they learn on their own. That’s because a teenager has to be pretty numb to miss the connection between soaping his penis in the shower and the nice feelings that result. Also, when lying on a mattress with a hard-on, most guys will eventually hump or rub. More than other human organs, the penis pleads to be yanked, stroked and squeezed. (Anyone who has raised a daughter in a non-repressive environment might disagree, saying that girls can give their clitorises a pretty good work out.)

If they haven’t seen porn before having their first ejaculation, some guys will experience concern or terror the first time they produce semen, e.g., “Oh no, I broke something!” accompanied by promises to never do it again, until the next day.

Today’s pre-teen males who are raised on porn might have the opposite concern, “Mine doesn’t squirt, what’s with that?”

The Group Thing

“I can understand all sorts of things about guys’ sexuality except why they jerk off together. It seems gay. Why do they do it?” *female age 23*

First, let’s consider boys and then men. Boys need little encouragement to take their pants off and explore. Getting naked can be so exciting that they can get hard-ons from that alone. It’s also natural for boys to share experiences with each other, whether it’s checking out an abandoned house or showing what you do with your dick. Then comes the teenage years and beyond.

“When we became teens, some of us boys would get together for a masturbation meeting in the tree house, but it was more the thrill of something exciting and forbidden than anything else. *male age 26*

Lots of men will say, “I never jerked off with another guy when I was a kid and have no desire to now.” Others will say, “Sure, that’s how we did it.” There might be games connected with this, like who shoots the farthest or who comes the fastest (it’s interesting how priorities change as you get older). Some young men feel excluded until they have been allowed to beat off with members of the local gang.

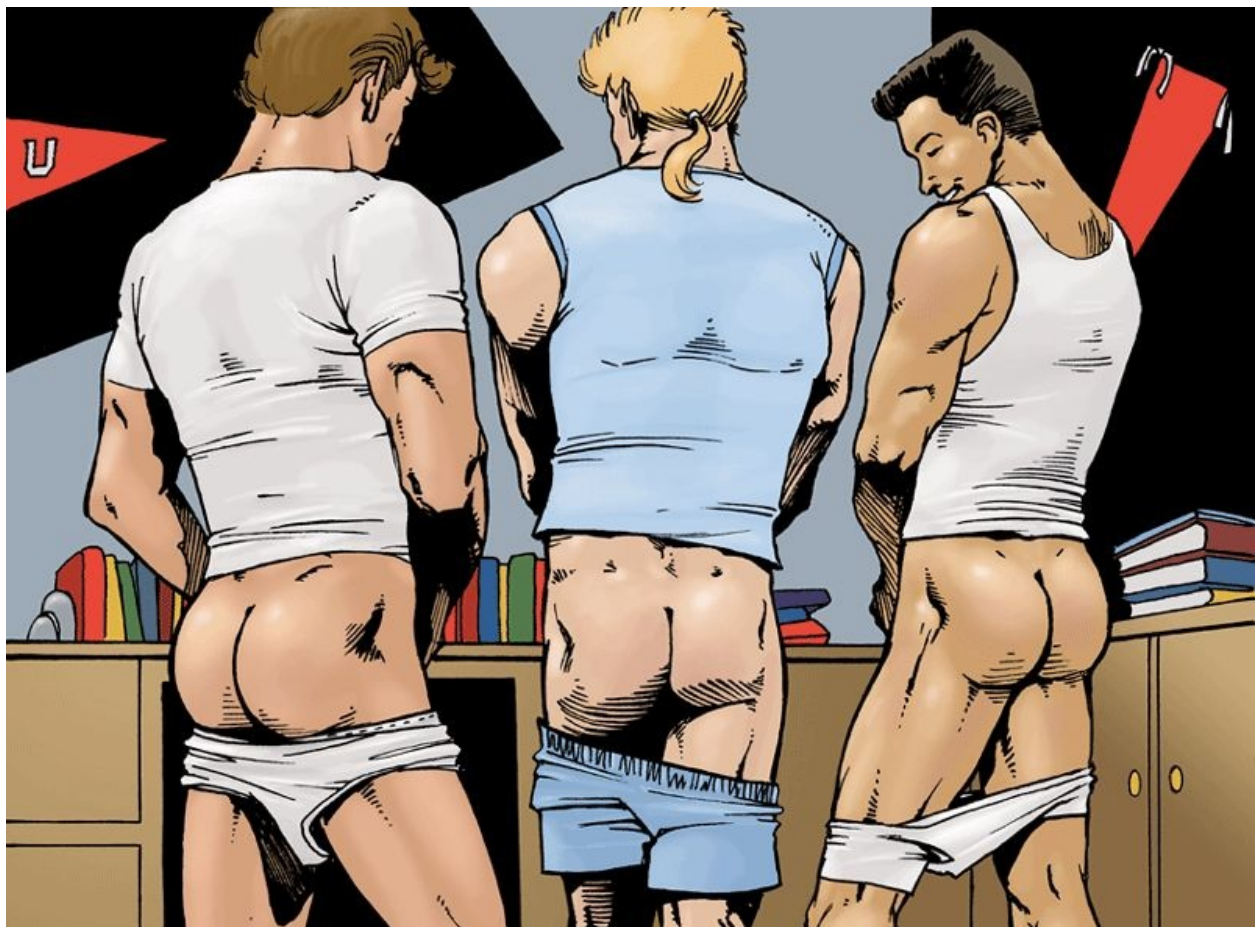
The urge to masturbate together seems to peak before high-school and drops off after that. However, there are some adult males who are straight and who enjoy the companionship. This isn’t as much of a contradiction as it seems. Straight men enjoy watching other men ejaculate in porn, and some guys enjoy spanking it with their friends. Consider the following answers to a survey in the newsletter *Sex & Health* :

“While partying with fraternity brothers, someone suggested a contest to see who could ejaculate the farthest. Each of the five of us took our turn in a tiled shower room. Surprisingly, the least endowed among us won!”

“Sometimes when I’m camping with my friends and our girlfriends are otherwise occupied, we get to joking about sex. We soon get so aroused that when one of us whips it out to pee, we start joking and the others whip theirs out, too. Then we just start stroking ourselves and talking about our favorite techniques. We don’t touch each other, but we do

comment on each other's members and may cheer one another on to climax. We're all good friends and have become closer sharing our sexuality this way."

Sex & Health had a large male readership, with 95% of the men identifying as totally straight. Most were married and many had children. Still, a number reported fantasizing about masturbating with other men, e.g., "Although I'm happily married with two children, I do sometimes fantasize about masturbating with friends. I've thought about asking one friend in particular, but I haven't had the nerve." Is this because of hidden bisexuality in the men with this fantasy, or is it something special about masturbation that puts it into a no man's land when men who are into women do it together? We don't have the research to tell us very much about this.



Lo and behold, a Circle Jerk!

Guy Tricks —“First, Nuke a Jar of Miracle Whip, Then...”

“I made a false pussy from a bicycle tire inner tube and it worked quite well. I have also used banana peels, watermelons, and a hole in a piece of wood.” *male age 42*

Most men use their hands to jerk off with. Most do it dry, especially guys who have their foreskins. But some men who are circumcised like to add lubrication which includes saliva, soap, Vaseline, vegetable oil, coconut oil, baby oil, baby oil gel, and anything else under the sun that can make their penis slick. A lot of men masturbate in the shower. Hair conditioner works well for lube. If you must use soap, start each stroke by grabbing your penis around the base and pulling outward only. Soap is not a friend of the peehole.

Another way that men sometimes masturbate is by lubricating the inside of a condom with a water-based lube and pump away. A variation of this is to lube up the inside of a Baggie or plastic bag and put it between your pillows or mattress and box springs. You then get on your knees and hump the bag. Be careful not to get your mattress pregnant.

As for banana peels, if you are having trouble with the peel falling apart and condoms are plentiful, try putting a condom over the peel. You can also heat it in a microwave for a few seconds, but be careful: microwaves heat unevenly.

Foreskin Tricks for Men Who Are Intact

Some men will fill a turkey baster with warm water, then pull their foreskin over the head of their penis and crimp it with their fingers over the end of the turkey baster. As they gently squeeze the end of the turkey baster, the warm water fills their foreskin and causes it to balloon out. As they let go of the bulb, the baster sucks up the water. They keep repeating until they come. Another method is to keep the foreskin retracted and pull it down toward the scrotum. This will cause it to become taut. Keep repeating until you come (via JackinWorld.com).

Rushin' Roulette

Men tend to rush themselves when they are masturbating. There are reasons for this.

- To get to the heavy-duty pleasure part as soon as possible.
- Lack of privacy. The last thing most guys want is for someone to walk in on them, so they try to come quickly and quietly.
- If a guy takes a really long shower, everybody knows what he is doing. The extra speed also helps him finish before the hot water runs out.

Learning to Live in the Zone of Subtle Sensation

Taking extra time when masturbating might help a man learn about subtle sensations that he won't notice if he's always red-lining it. If he slows down as ejaculation approaches, he might discover a rush of feelings in his stomach, bladder, or rectum. Instead of going for the big squirt, he might try to back off, teaching himself how to live in the zone of subtle sensation. Pre-squirt feelings can be intense and last for long periods of time without becoming an actual ejaculation. Learning to stay with these feelings might help a man experience deeper levels of intimacy when he is with a partner.

Instead of reaching for his crotch each time he masturbates, a man might start by touching or massaging other parts of his body: scalp, face, neck, shoulders, chest, hands, feet, *etc.* This can be a way of reminding himself that sex is a full-body activity rather than something that just happens between his legs. (One female reader says this section should have been written for women as well as men.)

Taking a Vacation from Porn

An entire generation of young men have now grown up masturbating to the most explicit porn in the history of humankind rather than jerking off to their own sex fantasies. In fact, we don't know if young men who have been watching porn since middle school even have their own sex fantasies that haven't been shaped or influenced porn.

No one knows if there is anything about this that is good or bad, but it would be nice if we weren't letting the producers of porn influence every aspect of sexuality today. So why not try giving porn a rest for a month or two if you can, and enjoy jerking off to the images, fantasies and sexual scenarios that are your mind's own creations.

Possible Intercourse Spoilers

Grip of Death: Guys tend to grip themselves tightly when masturbating. Yet few vaginas come close to generating this kind of squeezing action. This might be why some men have more intense orgasms when they masturbate than during intercourse. Try masturbating with a lighter grip, at least occasionally.

Face Down: It has been said that men who always masturbate face down can have trouble reaching an orgasm when trying to have sex with women. If you masturbate face down and are having these kinds of problems, try to limit your jerking off to sunny side up.

Women & Masturbation

How Girls Learn To Masturbate



“It was my freshman year of high school. I was kissing this guy and was getting really turned on. He put his hand on my inner thigh and I was going crazy! This was my first heavy petting session. I didn’t quite know what to make of it. When I got home, I went to the bathroom. My underwear was very wet. I went to touch myself and BAM!—instant orgasm! My very first. I’ve never had it that easy since.” *female age 27*

“When I was young, climbing a flagpole always brought on such intense tingling feelings that I was only able to hold on tight and my legs would clamp around the pole. When the feelings subsided enough, I would resume climbing.” *female age 37*

“When I had my first orgasm I kept saying, ‘Oh my God!’ over and over.

I was really shocked because I didn't know I could do that to myself!"

female age 25

It is every bit as normal and natural for girls and women to masturbate as it is for boys and men. But girls don't do "show and tell" nearly as often as boys, so they tend to learn about masturbation on their own or by reading about it. Some learn by watching women do it in porn. Some learn by putting a pillow between their legs or by leaning up against the washing machine when it's on the spin cycle. It might also happen when they have a sex dream—the sensation is still alive in their genitals when they wake up and all they need to do is reach down and rub. One woman learned to masturbate by pushing a sanitary napkin against her genitals; another by stroking the shaft of her clitoris with a pencil.

The possibilities for discovering how to masturbate are too numerous to name, but here are some of the ways women readers say they do it now:

"Bathtub, vibrator, boyfriend's fingers (my own don't work). Electric toothbrush handle, my ex-husband's hammer (the handle), even celery once." *female age 26*

"I get the most intense orgasm by leaning on a hard surface like a counter and wiggling around till I come. I also use a dildo, and I use my fingers to massage my labia and clit, occasionally fingering my vagina." *female age 37*

"Occasionally I use my hands, but usually I use a running faucet before I take my bath." *female age 19*

"I rub my clit in a circular motion with my fingers or use a trusty old vibrator. I've tried putting things inside my vagina, but so far that's been a very neutral experience — I need my lover's hand or torso to be attached to what's going inside. Sometimes I gently rub my chest as I masturbate, or run a soft piece of cloth over my nipples." *female age 47*

"I use my Hitachi magic wand because I am an impatient person." *female age 28*

"I use my fingers, one or two fingers, and sometimes all. I also use a dildo, a pillow, the edge of the bed, a chair..." *female age 22*

“I do it while reading a book or having a fantasy. Usually I stimulate my clit directly with one or more fingers. Only rarely do I put anything inside my vagina, although I do like the feel of a tampon. I also like anal stimulation. That will make an orgasm more intense and more diffused.”

female age 36

“I start with my fingers, move to a magic wand and/or a dildo. *female age 46*

“I’ll use my hands. I lay on my stomach and rub my labia majora with the thumb-sides of my hands. Or I’ll use a high powered vibrator. And I’ll often combine the two. I’ll rub my labia while a vibrator is against my clit.” *female age 25*

“I use a finger, then fingers.” *female age 49*

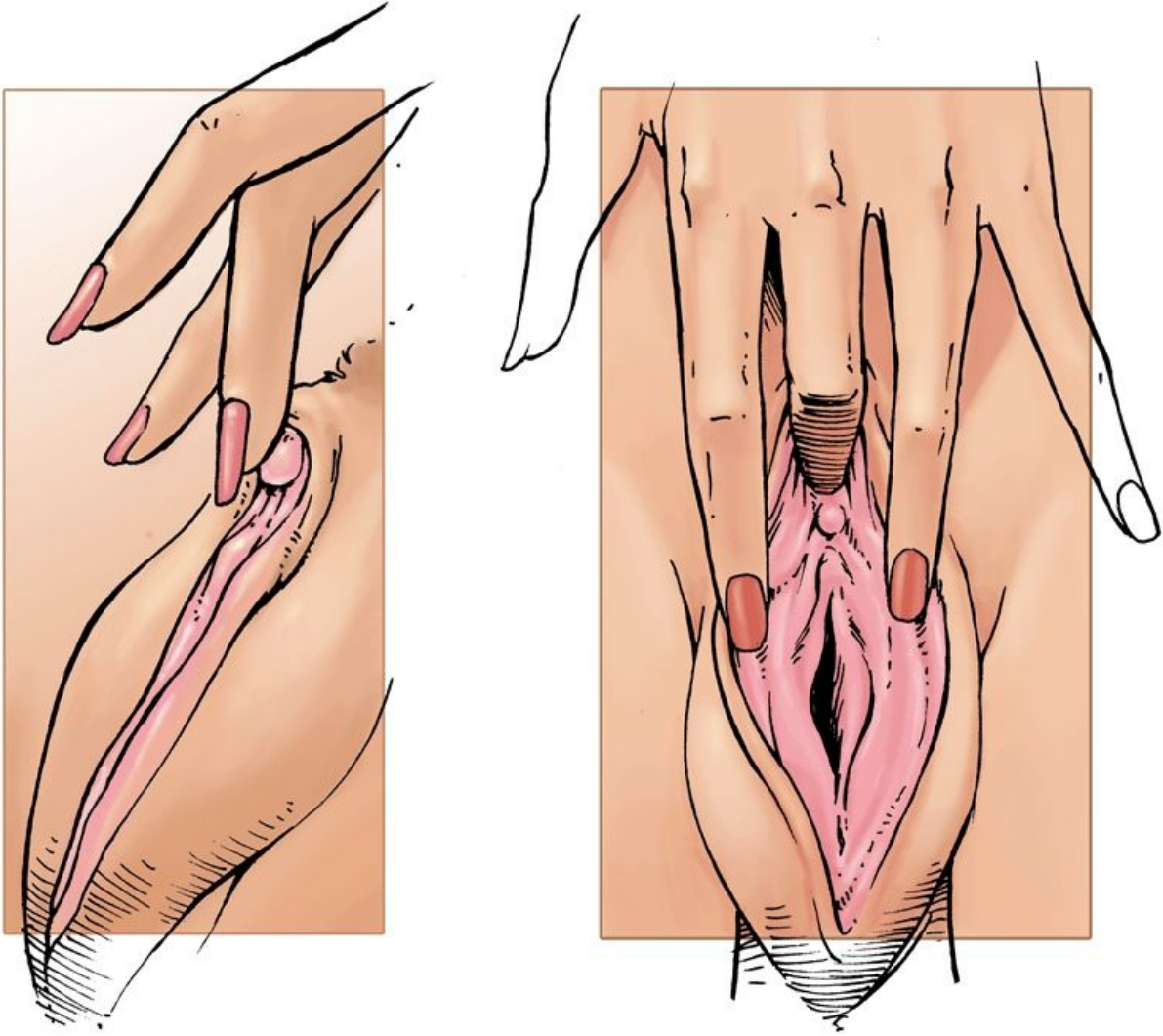
“I do it with a rabbit style vibrator, often in combination with ben wa balls.” *female age 31*

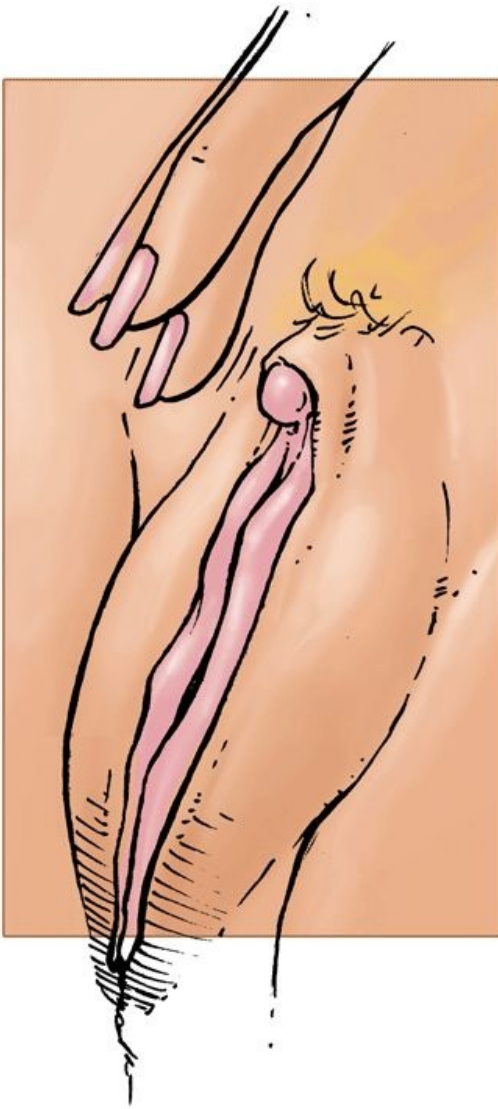
“My hands or a shower head with a sock tied onto it to make the water flow in a single stream when I lie under it.” *female age 26*

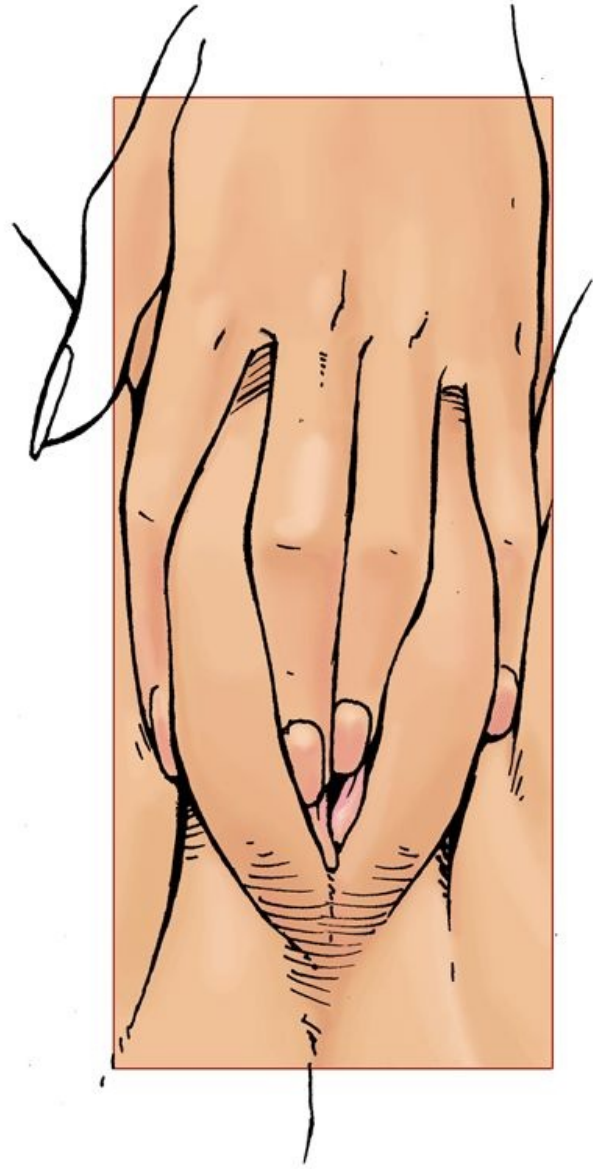
Additional Ways

Some women can have an orgasm by doing stomach crunches (mini sit-ups). Others get off by humping pillows or water bottles, swinging on swings, tugging on underwear, rubbing up against things, and riding a bike down bumpy roads. Some like to stimulate their anus, either by putting pressure on it or by sticking a finger or butt plug inside of it. Some use the handles on hair brushes, some do it while looking in mirrors, others get turned on by wearing their boyfriend's shirt or underwear. Fill in your own blanks. Some prefer to masturbate with their fingers over their underwear while others love to reach inside. Some squeeze their lips or labia together or push against their genitals in ways that create pressure rather than penetration. A woman who has responsive nipples may make nipple stimulation part of her masturbation. It would require a database to list all of the ways that women masturbate. Here's nine finger techniques alone, from [Chapter 19. Zen of Finger Fucking](#):

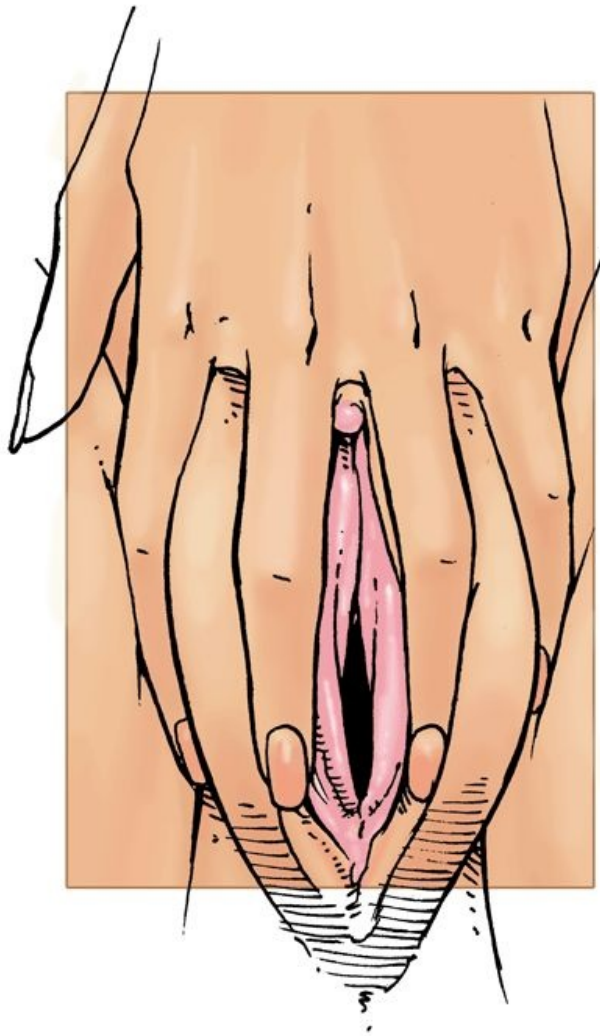
Nine Ways Women Stimulate Their Clitoris











Adapted with thanks from Sadie Allison's
Tickle Your Fancy — A Woman's Guide To Sexual Self-Pleasure

Straight to an Orgasm, or Making a Night of It?

“In my younger years, it usually took an hour or so before I had an orgasm. Now, if I’m especially hot, five minutes with a vibrator can do it, or about fifteen to twenty minutes by hand. Sometimes I like to keep things slow; I prolong it by starting and stopping. Other times, I just want to get off as fast as I can. Sometimes I masturbate, but not to orgasm. It feels good and relaxes me without wanting to come.” *female age 47*

One woman might masturbate on and off for an entire evening, reaching between her legs while reading a book or surfing the Internet. Another woman might masturbate with the sole purpose of reaching orgasm, going from beginning to end without pause.

That’s one of the really nice things about masturbation—especially women’s masturbation. There are no rules for how it needs to be.

Women, Masturbation & Intercourse

Far more men than women have orgasms from intercourse. A woman is much more likely to have an orgasm from masturbation than intercourse. Combine the two, and voila! The vast majority of women who have orgasms during intercourse need extra clitoral stimulation while their partner is thrusting. They will usually do this with their fingers or by grinding their clitoris into a partner's pubic bone. A vibrator can also be thrown into the mix.

It's not unusual for a woman to masturbate before intercourse to help her genitals get more into it, or after intercourse. It is unfortunate that women often hide this and assume their partners wouldn't want to know. It seems like a sign of a good relationship when a woman feels free to finish what we aren't able to, or when we help her get started and she takes it from there.

Tennis Elbow? Say It Ain't So!

Tennis elbow is a form of tendonitis. A female physician suspects that some of her patients with tennis elbow did not get their tendonitis from playing tennis, but from the number-one repetitive finger motion that women do: masturbation.

If you are a woman who is experiencing tendonitis or repetitive-stress syndrome in the arm you masturbate with, try using a vibrator for instead of your fingers and see if the problem doesn't improve. Ditto for males who routinely masturbate their female partners.

Men who get tennis elbow or tendonitis in the arm they masturbate with might try switching methods, unless they are ambidexterous, then just switch arms. They might try using a masturbation sleeve or sex toy they can thrust into with their hips instead of using their arm.

Squeezing Your Thighs Together

A woman who contributes to the women's section at JackinWorld suggests women can teach themselves to come by squeezing their thighs together. She says to masturbate as you normally would, but press your thighs together when you start to have an orgasm. After a few weeks of doing this, masturbate to the point where you almost have an orgasm, but pull your fingers away at the last minute and try to finesse yourself into orgasm by squeezing your thighs together. Start with the thigh-squeezing action a little earlier each time. Some women might prefer doing this while wearing tight jeans on so they get an assist from the seam in front.

Women and Their Horses

There can be a special relationship between a woman and her horse that isn't kinky or weird. It's simply powerful. A number of women report having orgasms when horseback riding.

“My first orgasm? I was riding my horse and I felt a strange sort of pleasure between my legs. I felt like I wanted it to stop so I could concentrate on my riding, but it felt so good.” *female age 18*

“I was standing in the barn with my horse when I had a spontaneous orgasm. I gushed and everyone laughed at me for peeing in my pants. I was fourteen or so. I didn't discover masturbation until I was twenty, and then I thought orgasm was so incredible, I wanted one every day.” *female age 37*

“My first orgasm ever was when I was riding a horse. I thought I was perverted and never told anyone. Then at a slumber party one of my close friends who also horseback rides admitted that she'd had a similar experience.” *female age 18*

Giving Girl-Masturbation a Name

There are numerous slang terms for male masturbation. This is not the case with female masturbation (Diddle? Jill off? She Bop? These are not universal terms). Since women don't usually masturbate together, they haven't needed to establish slang to convey what they are doing.

The Limitations of a One-Grip Rhythm (Applies to All Sexes)

If you always use the exact same touch and rhythm when you masturbate, you might be teaching your body to expect that and only that. Given how it's difficult for someone else to do you in precisely the same way that you do yourself, you might consider occasionally mixing it up.

Quiz Based on Your Sex Survey Responses

“Have you ever needed to masturbate while away from home?”

Guess which answers are men's and which are women's.

- a. “I have done so occasionally in the car, while driving. Tricky, but doable.” *age 37*
- b. “I would pretty much masturbate anywhere if I could. I know it sounds silly, but when I am on the beach or catching a killer wave I get kind of horny.” *age 23*
- c. “Yes. Although never at my current job, I have masturbated at work.” *age 26*
- d. “Yes. I’ve masturbated driving in my car; the urge was just too great and I had to deal with it right then.” *age 36*
- e. “It has happened. I feel pressure like I’ll go nuts if I don’t get relief, and I’ll sneak off.” *age 38*
- f. “Except for when I was on a long vacation, I’ve always been able to wait until I got home.” *age 26*
- g. “One time I was driving and I had a terrible urge, so I brought myself to orgasm. I’ve also done it at work once.” *age 43*
- h. “I was once on a long-distance bus trip and a teenage boy was next to me. I don’t remember why, but I got very aroused, so I put my coat over me and masturbated while he slept.” *age 45*
- i. “While my partner lived in a different city, I would masturbate all the time. I would lock myself in the bathroom and put my feet on the wall while sitting on the toilet, with my legs bent and above my head. It was

most satisfying this way.” *age 37*

j. “I was using the computer at my brother’s house when no one was home. While online, I was chatting to someone who was so hot that I had to masturbate to release enough tension so I could keep chatting.” *age 27*

ANSWERS: a. *female* b. *female* c. *female* d. *female* e. *female* f. *male* g. *female* h. *female* i. *female* j. *female* Darned stereotypes.

Random Comments from Women Survey Takers

“My ex understood that sometimes he needed to just be still inside me while I rubbed my clit. He’d even let me sit on him and essentially masturbate while he talked dirty and touched the rest of my body.” *female age 39*

“I masturbate more often when I’m in a relationship. I think about the sex we’ve had, and I get turned on thinking of my partner.” *female age 22*

“I don’t really masturbate, unless my partner is watching.” *female age 40*

“When I’m in a relationship, I masturbate less, much less. I just can’t seem to please myself like someone else can.” *female age 30*

“I can go months without masturbating at all, other times it’s daily.” *female age 38*

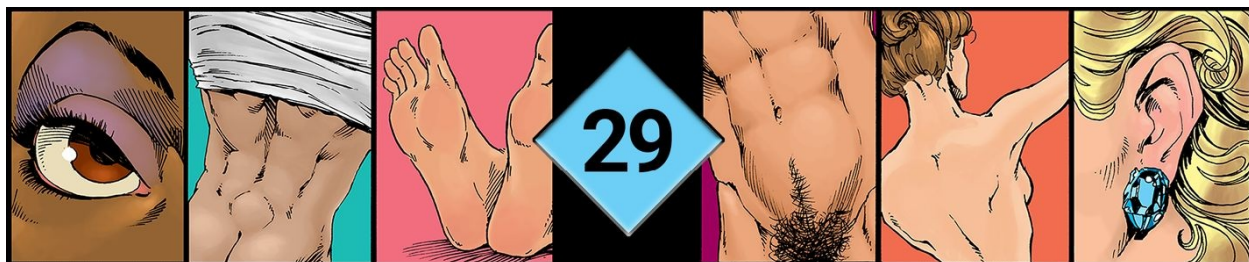
“I use the middle finger of my right hand. I use the same finger for touchpad or trackpoints on laptop keyboards. We girls at work used to smile at each other like partners in crime when we noticed that another girl used the middle finger for the trackball rather than her thumb like the guys. I loved my Blackberry with that vibrating track ball, I wish, Blackberry kept the concept.” *female age 37*

“I use one or two fingers rubbing clit over undies. Weirdly enough, I almost never come from external clitoral stimulation with a partner. I’m pretty trained to only like the levels of pressure and stimulation I can provide.” *female age 22*

“I have toys that I enjoy; however, I prefer clitoral stimulation by my

hands. I am a visual person; therefore, fantasy and a vivid imagination are essential...being able to access both are key. If I can't focus on a fantasy, my go-to is *Gaspar Noe's Love*. Specifically, the threesome scene." *female age 39*

A Warning About Bagging, which is a form of erotic asphyxiation. It's when a man masturbates while choking himself. There is no safe way to do this. A number of men die each year while bagging. Bagging is discussed [here](#).



Oscillator, Generator, Vibrator & Dildo

It used to be “sex toy” meant a vibrator. Vibrators were one of the first electric machines created back in the 1800s. They have been a hit ever since. Newer sex toys include sleeves for male masturbation, harnesses, dildos in countless shapes and materials, toys for anal sex, nipple clamps and accessories for BDSM.

While sex toy manufacturers will call this blasphemy, there are lots of people who don't use sex toys and still have wonderfully fun sex lives. Plenty of women prefer their fingers to vibrators, and the absolute best sex toys are those that tap into your imagination rather than your pocketbook. So instead of being a fluff piece in favor of sex toys, this chapter looks at what might and might not make a toy sexy. It covers sex toy safety and sex toy use in relationships, and what to do when a partner might feel threatened by your vibrator or dildo.

Sex Toy Strategy, Part 1

Before investing in the latest sex toy or getting your hopes up that the hype is real, why not think about what it is you want a sex toy to do for you? If you are trying to get a sex toy for a partner, what are some of the things that turn him or her on? If your gift doesn't resonate with a lover's fantasies, it will end up being just another buzzing piece of plastic or whatever without any sexual oomph.

Ask yourself, "Would my partner prefer flowers and the latest book by her favorite author?" "Would he like it better if I got him a new computer gizmo or brake cable for his mountain bike rather than this strange looking sex toy that he's supposed to stick up his ass?"

Let's say you are a woman who is trying to rev up her partner's interest. You could always buy him the latest vagina-like sex toy that promises to make real-life pussies obsolete. Forget that it might feel like the vagina of a dead woman, or that most of the 5 star reviews were posted by the company that makes the product.

Over the years we have tried a \$1200 sex-toy device that had nothing on a \$30 vibrator. We also tried a \$600 male masturbating device that made you appreciate how good your own hand feels. Just because it's supposed to be great doesn't mean it's great for you or your partner. One solution is to shop at sex toy stores with high ethics. One such store is called "A Woman's Touch" in the Midwest. It's run by a physician and a social worker. There are other stores as well where the staff truly cares about your pleasure and can competently advise you.

Sex Toy Strategy, Part 2

You might find that the perfect sex toy for your lover is one that you use on yourself. Perhaps he'll be turned on by watching you use it. Or make a deal with your partner: she selects a toy for you to use on her, and you select a toy for her to use on you. Then go shopping together. Using toys in this way helps you reveal new things about yourself to your partner, and vice versa. Sex can get boring when you think you know all there is to know about the person you are sleeping with.

And why not search for some cool videos that the two of you could watch? Check out sites where the staff reviews the videos and only carries what they consider to be the best. There's also a world of erotic books and literature that you and your partner can read together or to each other. Collections of short stories by competent writers abound. A collection of erotic short stories might be the best sex toy ever.

Beware the Phthalates

Not long ago, Greenpeace issued a warning that sex toys put off a dangerous class of chemicals known as “phthalates.” Did Greenpeace fear that schools of dildo-using dolphins were in danger? No. They were worried about humans. Very worried. Phthalates have been linked to liver damage, kidney damage, lung damage, and damage to the developing testes in the fetus. Phthalates are added to plastics to increase their flexibility. They are used to create favorite sex-toy materials such as Cyberskin, Softskin and Futurotic. Phthalates put the jelly in jelly rubber sex toys.

Hard plastic toys usually do not contain phthalates, nor do 100% silicone toys or dildos made of glass or steel. The trouble with silicone is that it doesn't need to be 100% silicone to be called silicone. So you are at the mercy of the seller. As for the “quick fix” of putting a condom between you and your phthalate-containing sex toy, the amount of phthalates in sex toys has been described by researchers as being so high as to be “off the charts.” A condom may decrease exposure, but...

Creative & Low Cost

There are plenty of great sex toy substitutes that cost hardly anything. For instance, you can make coupons for your partner. Each lists a special thing you are willing to do, from giving your partner a full-body massage to things that can't be printed in a family resource like the *Guide To Getting It On*. Your partner gives you the coupon when she wants you to do what it describes. (Author Laura Corn's *101 Nights of Great Sex* is built around this concept.)

Another idea is for each of you to describe a scene that is a personal turn-on. Shop for props to make the scene happen. For instance, if one of you has the fantasy of being stopped and frisked by an officer in uniform, you can go to a used-clothing store and buy the perfect uniform for acting out the scene, perhaps including handcuffs. If the fantasy concerns a visit to the doctor, shop at a medical supply house.

If you don't like that idea, try surprising your partner with a sex toy that's found at your local pet store. When your lover comes home, you can be standing there naked with your new dog collar around your neck; hand her the leash and say, "I'm yours for the night!" Attach a bow to the collar like they do at the fancy pet groomers and hope she didn't bring her parents home for a surprise visit.

Penis Casting Kits, Especially for Deployments & Skyping

Consider making a mold and stunning sculpture of your partner's penis! During this magnificent and often hilarious sex-toy adventure, you will be creating an exact replica of your partner's penis. Imagine his excitement if you use the finished casting of his penis on yourself, or the fun you might have using it on him! (As for putting it on your desk at work, maybe that's not such a good idea. Then again...) It's also something to consider if your partner is about to be deployed, or you have a distance relationship. Showing him what you like to do with it can add some pizzaz to your Skype calls and Snapchats.

You can find kits that are specially designed to mold and make castings of the penis or breasts at www.artmolds.biz (.biz not .com). Under "Lifecasting Kits" look for the "Intimate Kit" and "My Breast Friends" or "Full Torso" kits. The penis kit even includes skin and hair release cream, which could be the most important part!

Oscillators, Generators, Vibrators and Dildos

Some people claim the light bulb is the most important electrical invention of the last 130 years; others say it's the vibrator. The rest of this chapter is about vibrators and dildos. Its emphasis is on the use of these devices by couples as opposed to individuals, although many people use them for solo sex. (Because a lot is written in this chapter about vibrators, please don't view this as an endorsement for them. Fingers usually work just fine, and a lot of women prefer them.)

If what you want is a vibrator, dildo or butt plug, reputable sex-toy stores can be a helpful resource.



Confusing Vibrators with Dildos

People often confuse the vibrator with the dildo, which is like confusing a rhino with a giraffe. Both are native to the bush, but that's where the similarities end.

Vibrators are valued for their buzzing properties and are usually rested on the surface of the genitals rather than placed inside them, although there are newer "rabbit" hybrids that can do double duty.

Dildos are penis-shaped and are used as such. Most don't vibrate, but are made to be kept inside the vagina to give a feeling of fullness or to be thrust in and out. Women can also slide them up and down between their labia, which can be good for whatever ails them.

People often think of the common battery-operated plastic vibrator as a dildo. While some women use them as dildos, the vibrating part is usually located on the tip, which means a woman can't insert it deeply inside her vagina and expect it to keep her clitoris happy. These are also made of hard plastic. Some of them don't pack much of a wallop compared to the more adequately appointed AC models. Most of these novelty devices aren't in the same league as a well-made dildo or vibrator, although highly devoted users will disagree.

Some Men Worry

Most guys have no problem with a partner who uses sex toys; many find the situation a turn-on. However, some males worry their lover will prefer the vibrator or dildo to them. Some believe it means they aren't hung well enough or can't deliver the goods. This isn't necessarily true.

Some men are particularly confused when their partner says she loves having intercourse with them, but prefers a dildo that's bigger than they are. A reason for this is a woman totally controls the dildo play, so she can maneuver the dildo exactly where she wants it. Sex with a partner is more athletic and more random, so she may prefer a penis that isn't as big as her dildo for actual lovemaking. Some women also like to use a dildo during intercourse in addition to having a partner's penis inside. And plenty of women like to use a vibrator during intercourse.

If he is a considerate, caring, real flesh-and-blood guy, most women will still want a real-life partner regardless of how often they fire up their vibrator or pull out their dildo. It's hard to have a meaningful conversation with a dildo, and no vibrator has ever played catch with the kids or gotten up in the middle of the night to change the baby. Also, you can't cuddle up next to sex toys after you have an orgasm—not that you can with all men, either.

In purchasing a new vibrator or dildo, a woman who is in a relationship should consider making her partner part of the selection process. This way, her partner won't feel left out, resentful, or inadequate. Perhaps it might not hurt to show him this chapter, which encourages men to take pride in a woman's sex toys. It might also help to let him know that women who buy vibrators and dildos are often extremely happy with their flesh and blood sex partners.

Making Friends with Your Lover's Toys

There's no point in feeling at odds with your partner's vibrator or dildo. If you are a man and your partner orders a new sex toy, ask her to show you how she uses it. Hold her tight while she's getting herself off with it. If she has a vibrator, why not let her use it on you? Men might like the feel of a vibrator on their perineum (space behind their scrotum) better than on their penis.

Ask your partner if she'd like to use her vibrator during intercourse. Some couples find the vibrations during intercourse are sensational. You might also combine vibrator play with oral sex. The man pushes a small battery-operated vibrator against the bottom of his tongue while the tip of his tongue is touching his partner's clitoris. Or you can place a dildo in her vagina while planting wet kisses on her clitoris. With enough of feedback and a willingness to explore, you and a partner can have lots of fun with a vibrator and dildo.



Vibrator Details

Coil vs. Wand: When it comes to vibrators that plug into the wall, there are two different types: wandlike vibrators with longer bodies and large heads, and coil vibrators with compact heads. Each type delivers a unique sensation. Coil vibrators are smaller and very quiet. Their sensations tend to be more localized. Wand vibrators are bigger and make a distinct humming noise. Newer models are rechargeable and will hum for up to an hour per charge. Some come with two heads instead of one.

Between the Lips vs. On the Clit: Women who use vibrators with a large head, such as the Magic Wand, often prefer to place the head between their labia near to the opening of their vagina as opposed to higher up on their clitoris. This helps vibrate the structures inside their pelvis and saves the glans of the clitoris from stimulation that is painful or numbing.

First-Time Users: If you are new to a vibrator, use it on the lowest speed while you learn to navigate the head around your pubic bone. Some new users have bruised their pubic bones by placing the head of a vibrator on a bony pelvis.

Sensation Types and Levels: Different types of vibrators produce different kinds of sensation. Some rumble and others hum. Some women will like the sensation full blast; others like to muffle the vibrator with a towel or even a pillow. Some hold the vibrator in a way that allows their fingers to transfer the vibrations.

Hands: Some vibrators strap on the back of your hand. Your fingers deliver the vibrations. These are fun, but they can numb out your hand.

Finger Vibrators: There are tiny vibrators that fit on your finger. They are incredibly small and almost unnoticeable.

No Hands: Some women rest a vibrator between their legs so they can use their hands for other things such as holding a book, playing with their breasts if they enjoy breast stimulation, touching a partner's body, or channel surfing. There are harnesses which can hold the head of a vibrator snugly between your legs.

Joni's Butterfly: This is a small vibrator with straps that hold it in place. It

can be worn during intercourse, at work, in the library, during a lecture, at church to help you stay awake during the sermon, on a date, or anywhere a woman wants to get a private buzz in a public place.

Positions: Unlike men, vibrators are meant to be abused. Try different positions with it on top of you, you on top of it, and as you lie on your side.

Vibrator Vacations: People sometimes worry a woman will become used to the vibrator and want only that. If you are concerned, take vibrator vacations for one week every month.

Attachments: There are a number of vibrator attachments for both coil and wand vibrators. Do a browser search to see the possibilities.

Our Gynecology Consultant offers a vibrator solution that won't break the bank: "My new favorite item is a vibrating toothbrush. The vibration is a perfect frequency for clitoral stimulation. I remind my patients not to use the bristle side but the back side of the bristles. It travels great, is inexpensive, and doesn't threaten a man's masculinity..." [The disposable, battery-powered toothbrush is from a well-known Oral hygiene company. It has bright, multi-colored bristles that Pulsate, and is less than \$10 USD for a twin pack wherever toothbrushes are sold!]

Vibrators and Airport Security

When viewed through X-ray, vibrators can resemble detonating devices on bombs. Airport security will make you open up purses, briefcases and suitcases that have vibrators in them. Resist informing them about what your vibrator does and doesn't detonate.

Dildos

Vibrators have become so socially acceptable that even Walmart and Target display them, although the boxes show women using them on their necks or calves. With dildos, there are fewer options for subterfuge and denial. And if people hear a woman say the word “dildo” in a public place, they are more likely to think that she is referring to a former lover or a politician than to an object that gives her pleasure.

After reading the next couple of pages, you won't be left in the dark about dildos, even if people often use them in the dark.

Dildo vs. Penis

Since the human penis is anchored to the male crotch, it imposes limitations upon a woman's sexual pleasure that the dildo does not. A penis can't be radically flipped upside down without requiring a trip to the hospital for the man whose body it was attached to. The male penis isn't always hard when a woman wants it hard, nor for as long as she might desire. And a penis is not like a car that can be traded in. Even if her partner's penis might not be the best size and shape for her, a married woman is pretty well glued to it till death or divorce. Fortunately a woman needn't ditch the man she loves because she prefers an SUV-type penis when nature gave him a Mini Cooper. She can purchase a dildo instead.

Dildos are made from a large variety of materials, including jade, acrylic, alabaster, latex, leather, glass, brass and wood. However, the most highly regarded dildo material is usually silicone. Silicone has a soft but firm texture with a smooth surface that is durable and easy to clean, although it doesn't stand up to cuts too well. The silicone material also warms up rather nicely, which is an added plus unless you like cold things in your vagina.

Since there is a fair amount of craftsmanship involved in producing a high-quality dildo, be sure to purchase dildos from places that carry only proven products and take pride in pleasing their customers. Check how long they've been in business and how well they support their products.

Getting the Right Size Dildo

The most important consideration in sizing a dildo is width or girth. One strategy for determining which width is best for you is suggested by the women at Good Vibrations. They say to buy different-sized zucchinis, carrots or cucumbers that have an inviting girth. Steam or nuke them for just a few seconds so they won't be cold, wash them, and put condoms over them. Add lubricant and try them in your vagina. Use a vegetable peeler to fine tune the girth. When one feels just right, cut it in two and measure the diameter, which will most likely be somewhere between one and two inches. If the dildo is for your own private play and you are the one who will be inserting it, order one that has the perfect sized width. However, if a partner will be doing the inserting, consider getting a dildo with a slightly smaller diameter. That's because a partner won't be as precise as you are, so a little room for forgiveness can be a godsend.

As for length, a four-to five-inch-long dildo should be just right if you plan to keep it stationary inside your vagina, while six to eight inches might be easier to handle if you like thrusting.

Dildos are a bit like purses: some women have one favorite dildo; others have dildos of different shapes and sizes for every day of the week. Expect to pay from \$50 to \$150 for a good-quality silicone dildo. Rubber dildos have tiny divots in the surface which make them next to impossible to keep clean. You should always use a condom over them.

Shape and Lubrication

With dildos, there are plenty of variations within a basic theme. Some dildos are made to look like penises, complete with veins and testicles. Some look like dolphins or bears, and some have ridges. Dildos also have different-sized heads. With a bit of effort, you are likely to find the dildo of your dreams.

No matter how wet you might be, consider lubricating the dildo and yourself, adding more as you go. If it's a silicone dildo, don't use silicone-based lube. It will cause your dildo to have a meltdown.

Stationary vs. Movement and Possible Layering

Women don't necessarily use dildos for thrusting in and out. A woman might like a dildo to be stationary inside her vagina while she uses her fingers or a vibrator on her clitoris. The dildo provides extra fullness that can amplify the sensations in her clitoris. Or she might like to have a dildo in her vagina as a partner gives her oral sex or stimulates her anus. Some women like having a dildo in their vagina at the same time a partner thrusts during intercourse, or a woman might enjoy running the dildo up and down between her labia. And she might like the feeling of a dildo up her butt, but for that, she will need a dildo with a flared end so it won't accidentally get sucked up into her rectum.

Cleaning & Other Facts of Dildo Life

Dildos should be washed and dried after each use. If not properly cleaned, the porous surface of some dildos will grow microorganisms that are best not introduced or reintroduced into your body. If you are sharing sex toys, sterilize your dildo with hydrogen peroxide or a light bleach solution (nine parts water to one part bleach).

If you use the dildo in your bum, be sure to wash it with soap and water before putting it into a vagina. Better yet, slap a condom on it before it goes up anyone's rear. People who enjoy both anal and vaginal penetration are wise to have dedicated dildos for each orifice.

Dildo Harnesses: Dildos with a flared base can be worn in a harness which makes them appear like erect penises. With enough skill and effort, the person wearing the harness can penetrate a partner. However, the dildo isn't connected to the wearer's nervous system like a flesh-and-blood penis and she can't feel what the dildo is feeling. Still, plenty of straight and lesbian couples enjoy using a dildo in a harness. The best harnesses are made of leather or nylon webbing. Harness construction and fastener application can be tricky; be sure to research the do's and don'ts of dildo-harness buying and wearing.

Also, there are dildo harnesses that fit on the thigh. Users of these marvel at the utility and claim the human penis should have been attached to the thigh of the male instead of between his legs. There is even a dildo mounted on a beach ball that the aerobically-inclined can bounce up and down on, as well as dildo harnesses that go on the chin.

Dildo Harnesses for Inner Wear: Let's say you're trying to take the boredom out of shopping at the supermarket. You can do it with your favorite dildo inside your vagina and no one will ever know unless you want them to. That's because there are dildo harnesses that hold the dildo inside a woman's vagina so it won't pop out.

Doubles? A double dildo can be hand held or worn in a harness, with one end going up the wearer's vagina and the other end sticking out in front like a penis. There are some highly-rated double dildos that have different lengths and shapes. Do some research before buying.

Double Penetration: Some women like to be penetrated in both the vagina and rectum at the same time. In lieu of finding a second male for a threesome, try a dildo in one end and a partner in the other. Or a partner and dildo in the same orifice if you like double vaginal penetration.

Beware Of Gumby-Like Dildos: These are embedded with wire. If the wire separates, it will puncture the walls your vagina or rectum.

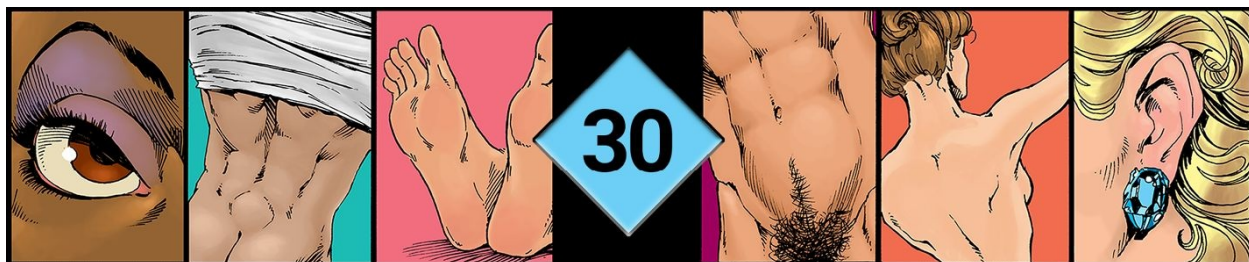
Suction Cups: There are dildos with suction cups on the bottom so the woman can move her entire body up and down. These can also be stuck on the wall in your dorm room for decoration.

Dildos for Pegging: Good Vibrations says that about half of the dildo harnesses they sell are to straight couples where the woman wears the dildo for anal intercourse in her male partner's rear end.

Man Toys

We have tested a few masturbation sleeves and other toys. Few come close to using your hand and a few cents worth of lotion (or just your hand if you are intact). As for the vagina substitute that's shaped like an oversized flashlight, sticking your penis into cold mud would have been more fun and less of a hassle to clean up. But these man toys sell incredibly well and thousands of men enjoy using them.





Up Your Bum — Anal Sex

"I grew up in the country. We had neighbors, Amos Wheatley and his wife. One night while washing dishes, Mrs. Wheatley told my mother that she let Amos 'use the other hole.' Then they had a baby girl, and I heard my father comment that Amos must have got it right at least once. Sometime later, Amos, who was uneasy about the expense of having a new baby, told my father he'd rather have had a team of horses. My father said, 'Isn't that expecting rather a lot of Mrs. Wheatley?' "

—The recollections of a very old woman, as told to Julia Hutton in her Good Sex: Real Stories from Real People, Cleis Press.

Some couples would rather drink goat sweat than try anal sex; others enjoy an occasional rear-end soiree. Whether you are straight, gay or somewhere in between, the chances are good that at some point in your life you might try anal sex. Please be aware this Guide couldn't care less whether you do or don't practice anal sex, but it does have a few suggestions in case curiosity nips you in the rear.

For those of you who have been watching a lot of porn—where a woman's rectum has become the new vagina—consider the responses about anal sex from thousands of sexually-amped people who have taken our sex survey. Less than 10% of the straight couples have anal intercourse on a regular basis. And "on a regular basis" might be once or twice a month, if that. Most of the women described anal sex as the most painful sexual experience they've ever had. However, some have their strongest orgasms when anal stimulation is part of the mix, and some men find a finger on the prostate to be a welcome sensation.

In Butt Play, What's Good for the Goose...

It's only fair that if a guy wants to stick his penis up a woman's rear end, she should be able to stick something of comparable size up his. Plus, it should help him become a more sensitive anal lover.

Vegetables aren't a good idea; you don't want a vegetable breaking off inside your partner's rectum. Use a dedicated anal toy or butt plug. These have special flared bases so you don't end up in a hospital emergency room needing their help to surgically remove a lost toy.

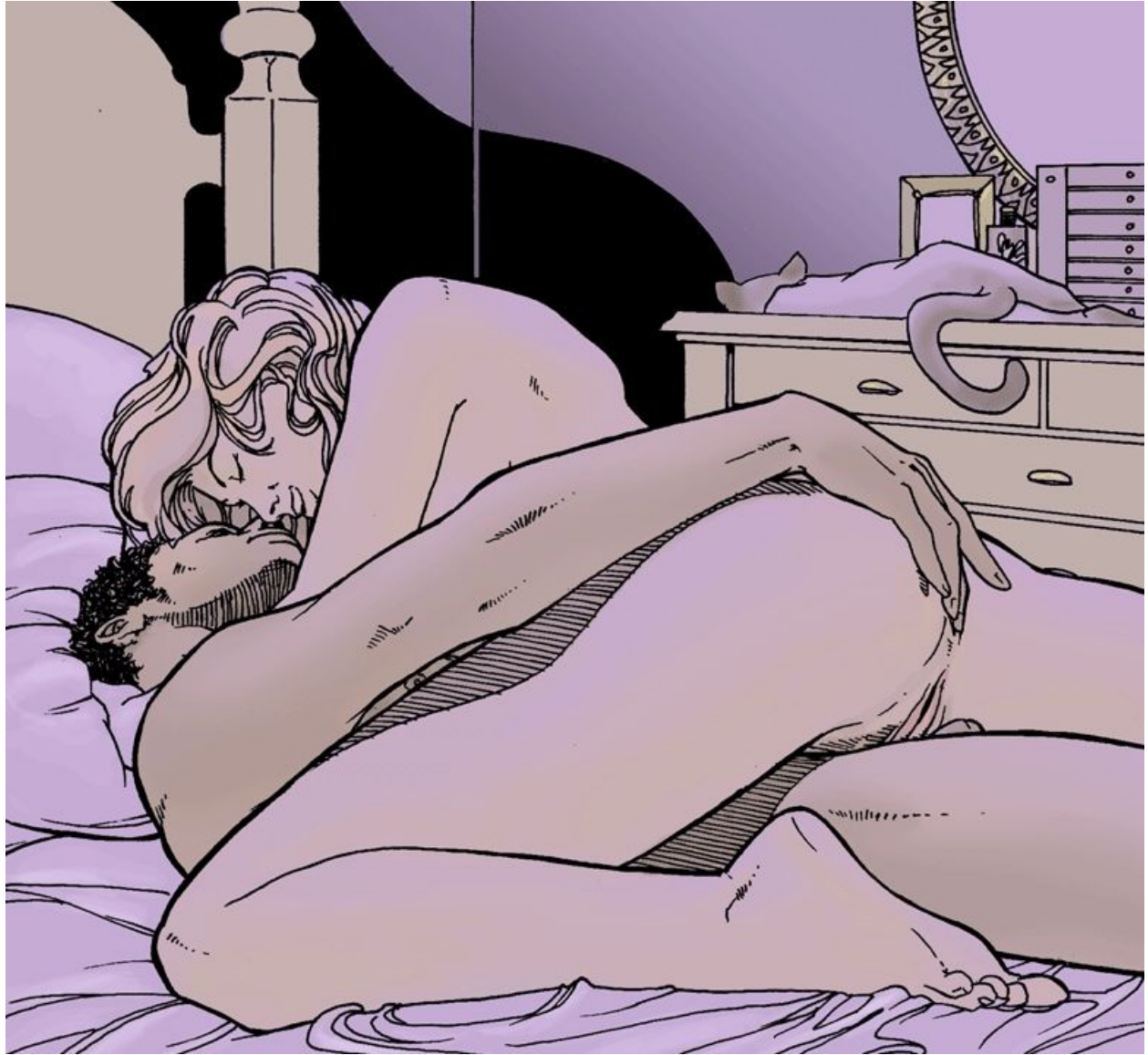
Anal Massage

If someone says they had sex last night, we assume they had vaginal intercourse. When you add the modifier “anal” in front of the word sex, we assume it was a penis up a partner's bum. Yet one of the nicest forms of anal pleasure comes from anal massage, where a penis is not inserted into the anus.

The anus is alive with nerve endings. A well-lubed finger or thumb massaging the anal opening can bring enjoyable waves of pleasure.

“I hate admitting this, but I like it when Dave wets one of his fingers and slides it into my anus. It is a huge turn-on, and there are times when it makes me orgasm. The only problem is pulling it out. It always hurts coming out and usually throws off my bowel movements for the next few hours. It feels like I have to go....” *female age 26*

“When Erica is all worked up, she sometimes likes me to massage her anus. When I slip a lubricated finger inside her, it is often the thing that puts her over the edge. If I have a finger inside her vagina and one in her anus, she reacts very well to the sandwiching of the wall when I press the two together. Other times, she really hates it when I touch her there. I can never quite guess when it's going to be a green light.” *male age 25*



Why 'Rimming' Is Called Rimming

Rimming is when one partner licks his or her lover's anus. The reason it is called "rimming" is because most of the feel-good nerve endings in your rear end are located around the rim of your anus. So if becoming the receiver of a penis during anal sex is on your radar, it can help to learn how to enjoy the feeling of being rimmed. You might start with your own finger in the shower, and then graduate to a partner's lubricated finger or tongue. (If a partner is going to rim you with his tongue, it's a good idea to shower first, soaping and rinsing your butt crack twice. There is more on STIs and hepatitis later in this chapter.)

You'll be ahead of the game if you learn how to enjoy rimming for a few weeks before going any further. If you plan on having anal sex that isn't among the most painful sexual experiences you've ever had, proceeding slowly should be one of your priorities. And the last thing you want to do is have anal sex the way they show in porn.

People Have Anal Sex Because...

Some people like anal sex because it's forbidden. Some men have anal sex as a way of getting work in the entertainment industry. Some women have anal sex who would like a partner's penis inside of their vagina but can't because of chronic pain. But the most obvious reason why people have anal sex more than once is because they enjoy it.

"Anal sex helps me feel a whole different part of my vagina and vulva. The fact that it is so tight and kind of nasty is a turn-on to me too." *female age 23*

"My wife asks for anal intercourse on occasion, usually late at night when she is very aroused and her inhibitions are down." *male age 41*

"I've tried it with different guys, taking it slow and doing all of the right things. It still feels weird and uncomfortable." *female age 29*

"I can come from anal intercourse, but not from vaginal intercourse." *female age 32*

"Both of us like it. I will sometimes put a finger in her anus while we are having intercourse. It's very exciting for her, and I can feel my penis through the wall, which I find to be very erotic." *male age 39*

"It's not a pleasant experience unless there's little movement, and I only enjoy it knowing that he's happy." *female age 22*

"A lot of guys want to do anal; it's annoying at times. I don't find it painful really, but it's uncomfortable and leaves me sore so not something I really do often." *female age 24*

Occasionally, a woman will say the only reason they have anal sex is to please a partner, but most women who have anal sex more than a few times do it because they like the way it feels. Some report getting an extra intense orgasm when they stimulate their clitoris at the same time they are having anal sex. Some find anal sex to be emotionally intense, as well.

Some men enjoy having their anus massaged or penetrated, and some have memorable orgasms when their prostate gland is being stimulated. Few women

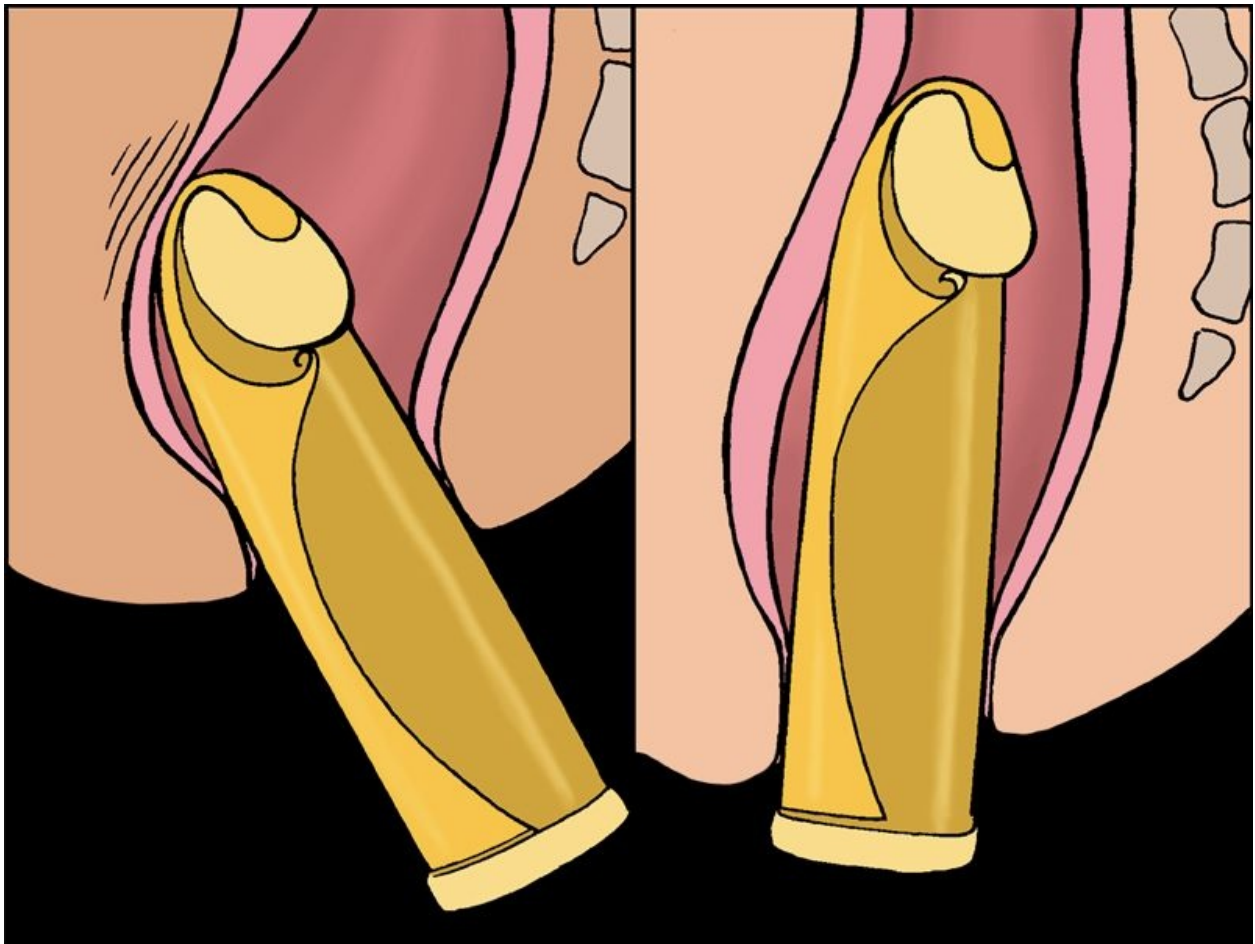
and men will have an orgasm from anal stimulation alone. It usually requires simultaneous clitoris or penis stimulation.

There are couple who have anal sex for birth control, such as in countries that take seriously the Catholic Church's opposition to contraception. Unfortunately, semen can run out of the anus and into the vagina which can result in pregnancy. Pregnancies from anal sex are common enough that the term "splash conception" is used to describe them. Perhaps this is how people with anal-retentive personalities are conceived.

Some women who want to remain virgins will try anal sex as an alternative to intercourse that involves the vagina.

Mother Nature & The Human Backside

When Big Mama Nature designed the female body she gave it a vagina that's rough, tough and durable. She made the walls of the vagina so they would stretch, swell, lubricate and straighten out at times of sexual excitement. This allows objects of desire to slide in and out with a fair amount of ease and enjoyment.



Unlike the vagina, the rectum curves. So you will want to experiment with positions that will help straighten out the rectal curves. Otherwise, a penis might rear-end the walls of the rectum.

Nature was working from a different set of plans when she built the rectum.

The rectum's main purpose is for elimination rather than romance. As a result, the walls of the rectum don't stretch and lubricate, although they fit objects that are larger than a lot of penises. There's also a curve in the rectum that the head of penis will collide into unless the person who is receiving anal intercourse knows how to get into a position that will help straighten it out.

The rectum includes a pair of pugnacious sphincter muscles that guard the gates of your anus. These muscular rings were designed to facilitate outgoing rather than incoming objects, although with enough effort, they can be taught to yield in either direction. The anal sphincters are two of the most important muscles in the human body if you plan on living and working in the vicinity of other human beings.

Reports that anal sex will damage the rectum are not backed up by science as long as you are using lots of lube, your sphincters are relaxed, and you aren't using crystal meth or things that might numb your bum.

A Brief Summary of the Structure & Function of the Human Rectum from the Time of Cro-Magnon Man Until the Founding of Ancient Greece

If you consider the history of the human rectum, say from the time of Cro-Magnon man until the founding of ancient Greece, its sole purpose was to hold things in. It wasn't until the ancient Greeks invented sodomy that our bums became multipurpose. (In giving credit where credit is due, the Old Testament had an interest in anal activity that possibly predated the Greeks. At the very least, one of the early Biblical plagues visited upon the Egyptians apparently included hemorrhoids.)

Thanks to the inventiveness of the ancient Greeks, we now have things in our lives like politicians, lawyers, doctors and anal sex. The only one of these that should never cause you pain is anal sex. If it does, you are doing it wrong.

The key to pleasurable anal sex is training the anal sphincter muscles to open for incoming objects. One set of these muscles is under conscious control. It's what people use to maintain their dignity when waiting to use the bathroom. The second set of sphincters is a total free agent. It automatically closes whenever something pushes against it. To have comfortable anal sex, the second set of sphincters must be taught how to relax when you ask.

Popular Culture Historical Note: When Jack Morin published the first edition of his book titled *Anal Pleasure and Health*, it was such a taboo subject that few bookstores would stock it. Now, a few decades later, Jack's book has been joined by several others. It's no longer unusual to see butt-sex books on bookstore shelves.

Four Key Elements

There were originally three keys to anal insertion: relaxation, feedback and lube. The difference between anal pleasure and pain is having generous amounts of all three. Trust has now been added to the mix.

Even the toughest of condoms can tear if the anus isn't relaxed. So the goal is to be turned on and relaxed as opposed to turned on and tense. And it's difficult to be turned on and relaxed if you don't trust your partner.

The Right Chemistry

“I truly hated anal sex the two times I had tried it before. But I agreed to do it with my new boyfriend, and it feels incredible with him! Am I weird, or are there any other women who enjoy anal sex?” *female age 28*

We posted this reader’s question on our sex survey and found a surprising number of women who said they’d had a similar experience. Many said the keys for them were feeling totally relaxed with their partner and being exceptionally horny.

Even a finger on your anus can be annoying if trust and arousal are missing, while a reasonably-sized penis can feel fine when you are relaxed and ready.

(This chapter has been written as if the male is doing the inserting. This was only done to keep you from gagging on too many pronouns. For instance, pegging is the insertion of a dildo into a male's butt by a female partner. It may not be as popular as blogging, but it's not uncommon.)

Learning the Difference between 'It Feels Strange' and 'Pain'

When experimenting with anal play, you'll want to learn the difference between sensations that are unusual or strange versus those that are painful. When you or a partner first start groping inside your anus, it will probably feel strange. With time and experience, the initial strange feeling can evolve into sexual pleasure. Or, it might continue to feel strange. You never know how your brain will translate the sensations until you are in the throes of sexual passion and desire.

If the sensations are painful as opposed to strange, back off and try to figure out what's causing the pain. Don't explore again until you have come up with ways to prevent the pain. There should be no pain in anal sex. Strange, yes. Pain, no.

Nail Alert

When it comes to the rectum, jagged finger nails are weapons of mass destruction. Make sure your fingernails are trimmed *and filed*, and your hands are washed. (Trimming without filing can still leave nasty edges.)

Practice and Preparation—By Yourself First

The best way to prepare for anal sex is in the shower, for a couple of weeks before you try it with a partner. Get used to the feel of your finger on your anus. Over time, try inserting your finger up your bum. Its job is to provide you with information about the geology of your anus. With each successive shower, you will learn more, and you will hopefully be teaching your anal sphincters to relax.

Another thing you might try is to masturbate while you have an anal toy or finger in your rear. This will help you get used to new sensations that involve both your front and rear, or two parts of the nervous system instead of one. Then, you might try having a partner give you oral sex while he has a lubricated finger pushing against your anus, or inside of it.

Practice and Preparation—With a Partner

Psychologist Jack Morin suggested the following technique for teaching your rectum to relax: each night for a week or two, one partner lubes up a clean finger and gently inserts it in the other partner's rear, pushing very softly and slowly. This should encourage trust and relaxation.

Rectal expert Erik Mainard—known as the Avatar of Ass—encourages a gentle massage of the anus and suggests angling the finger slightly upward toward the tailbone, since that is how the rectum curves. He says to push in slowly and only as the resistance eases. This should feel good for the receiver; otherwise the person who is inserting the finger is rushing it or violating your comfort zone, in addition to violating your anus.

One way to help relax the anal area is for the receiver to push down as though she were trying to move her bowels. In addition to relaxing the sphincters, this adds a bit of suspense to the exercise. Another trick is for the person to try clamping their anus tightly shut while their partner gently pushes against it. After about 20 to 30 seconds of trying to clamp it shut, it will automatically start to relax and a partner should be able to ease a well lubricated finger into it.

However, anal purists say that with the help of a patient, caring partner and a great deal of lube, one needn't trick the sphincters into relaxing. And even though only one partner might be inserting a penis, each should experiment with fingering the other's rear. This will help build knowledge, trust, and bum-bonding.

The receiver needs to feel comfortable with finger penetration before trying any unnatural acts. It is not until the sphincters learn to relax that anal sex will feel comfortable, and if it doesn't feel comfortable, you shouldn't be doing it. If there is any discomfort other than a feeling of fullness, which shouldn't be painful, spend an extra week doing the finger exercises or give up the concept of anal intercourse.

Swabbing the Decks of the Hershey Highway

Some people prefer to give themselves a quick enema or “short shot” with a bulb syringe before having anal sex. Others will equate this with removing the patina from the Statue of Liberty. Fortunately, the rectum is not usually a storage space for poop. It's more like the toll booth between the colon and the toilet. A good soaping in the shower should make most anuses sparkle.

If you decide to give yourself an enema, do it an hour or so before sex. A bulb syringe with water should do the trick. Follow the instructions on the box. Make sure the water is not too cold, unless you enjoy giving yourself cramps. Do not use a Fleet or Fleet-like enema for anal sex, as it contains a laxative. For more cleaning options, see *The Ultimate Guide to Anal Sex for Women, 2nd ed.*

What Porn Leaves Out

In *The Ultimate Guide to Anal Sex for Women*, Tristan Taormino warns that porn leaves out the most important parts of anal sex. When porn actors have anal sex, they use lots of preparation, lube, anal foreplay and sometimes drugs—none of which they show porn. So when you are watching porn classics such as *Bongwater Butt Babes*, *Anal Buffet* and anything with *Tushy* in the title, don't for a moment try to replicate it in real life.

Anal Intercourse

Assuming you've spent a few weeks teaching your anal sphincters to relax and you feel comfortable with a finger or sex toy massaging your anus and being inserted into it, consider moving forward with anal intercourse if that is your goal.

Some people recommend that a woman has an orgasm before you try anal insertion. At the very least, she should be relaxed and highly aroused. As for who does what, the couple needs to decide if he will slowly push a well lubricated penis into her anus or if she will ease herself onto it. Also, using a condom is advisable, not only because it will help the penis glide in more easily, but it can protect her from getting an STI and him from getting an infection. And clean up will be ten times easier.

In Slow — Out Slower

As one gay male writer says, when it comes to the anus, an inch can feel like a yard. So no matter what you are putting inside a rectum, it needs to go in slowly and come out slowly. While it's easy to appreciate that incoming objects need to be inserted slowly, this is even more true for things being pulled out of a rectum. It doesn't matter if it's a finger, penis or butt plug. Pull it out very slowly. Otherwise, extreme discomfort and possibly even damage might result.

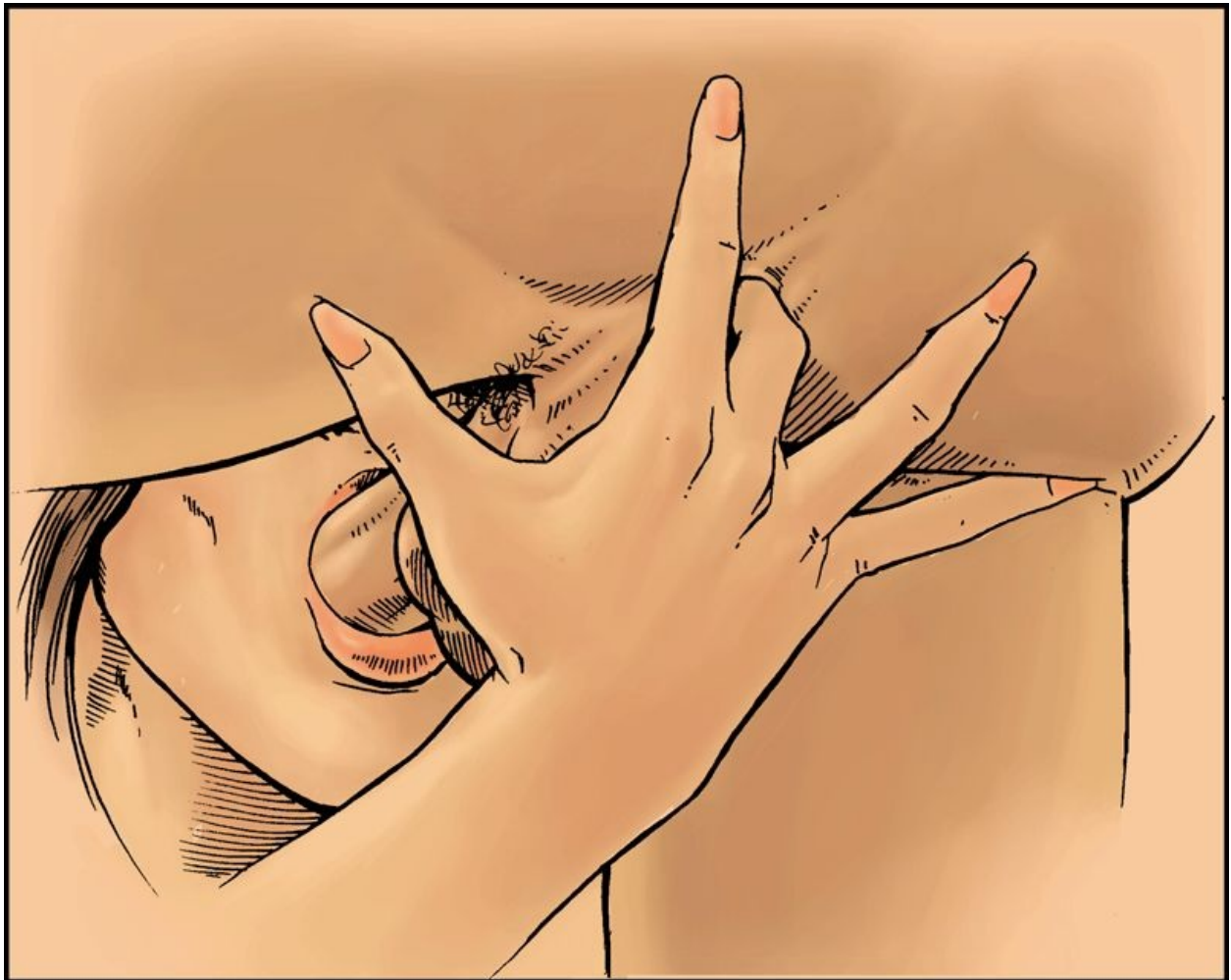
Simultaneous Clit Play

Several women say that clitoral stimulation helps take anal sex from being nothing to write home about to something that can feel good. Talk about ways to give the clitoris plenty of attention while you are doing anal play, *eg.* stimulating it with your fingers or using a vibrator.

Anal Play Combined with Oral Sex

“I like to have my anus stimulated when I’m receiving oral sex. I like to have one finger inserted, but it doesn’t have to be very far, just past the sphincter will do. And rather than sliding all the way in and out, it is better if there is just a slight tugging movement. It adds one more sensation to the myriad of sensations involved in oral sex.” *female age 37*

“My boyfriend likes me to rub a finger on his anus while I give him oral sex. Gentle pressure and a rotating finger add a lot to his pleasure.” *female age 23*



Some couples enjoy adding a finger or butt plug on or up the anus during handjobs, oral sex and vaginal intercourse. Decide if you want the finger or toy

to move in and out, or to stay put to stimulate the prostate or give a sense of fullness.

Wearing a well-lubricated latex glove can help a finger glide nicely, into a partner's anus and it will make clean up much easier.

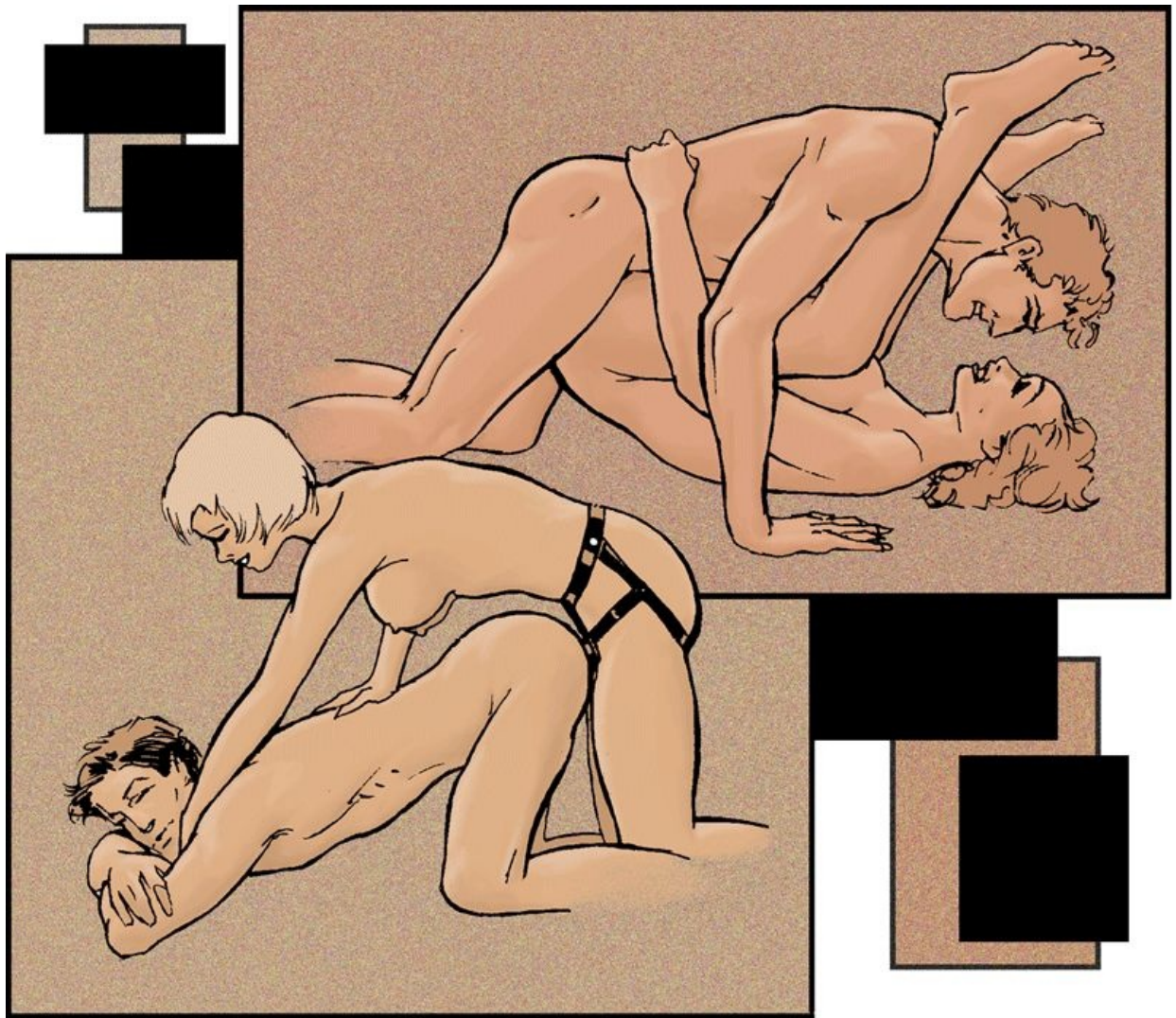
Pegging or “Bend Over Boyfriend”

“My boyfriend of five years actually made the suggestion that I penetrate him anally. I lubricated the finger with the shortest nail on it and slowly slid it into his anus. He enjoyed it so much that he asked for two fingers and then three. While doing this, I also alternated sucking and manually pumping his cock with my other hand. He had a mind-blowing orgasm. He tells me it’s the kind you feel deep down to your toes.... I’m now looking for a strap-on that stimulates me as well as him!” *female age 40*

Some people believe only gay men enjoy anal stimulation. Yet straight men have rectums that are every bit as sensitive as those of gay men. While plenty of straight men would rather not have a dildo or butt plug up their rear, other guys enjoy the feeling. There have even been straight videos titled *Bend Over Boyfriend* and *Babes Ballin’ Boys*.

As for penetrating male partners anally, fingers that are well lubricated work incredibly well. Some women will use a dildo. Some even wear a dildo harness and propel it with their hips. A dildo harness looks somewhat like an athletic supporter. It holds the dildo in the same position as a man’s erect penis. This allows the woman to thrust in and out, more or less. Learning how to use a dildo in a harness is an acquired art that takes time, patience, and practice. (If a harness is what you'd like, there are different kinds of dildo harnesses, including some that strap to your thigh.)

When it comes to anal sexplay, a man’s anal sphincters need just as much practice and preparation as a woman’s.



Positions for anal intercourse are the same as with vaginal intercourse. Some are more intimate and allow for the couple to kiss, while others provide better access to the clitoris or penis. Especially helpful are positions that allow the rectum to straighten. (Highly Recommended: "The Anal Sex Position Guide" by Tristan Taormino from Quiver.)

Prostate Stimulation

The only time most straight men get anal stimulation is during a physical exam, and this is more like a drive-by than an attempt to provide pleasure. Men who are curious about feeling their own prostate and who have a finger as long as ET's can do so by inserting a finger up their anus. Pressing on the prostate will create a dull, subtle sensation in the penis. But for men with fingers that are normal sized, the physical contortions needed to reach their own prostate can ruin the moment. A man can purchase a sex toy that's made to help stimulate his prostate. For more on the prostate gland, see [Chapter 10. The Prostate & Male Pelvic Underground](#).



Using the index finger instead of the middle finger allows for a deeper probe. If you use a middle

finger, the knuckles on the index and ring fingers act as governors. They prevent it from going very deep.

Butt Plugs

Butt plugs are dildo-like toys made specifically for the rear end. They are wide in the middle and have narrow bases that flare out to keep them from getting lost in the rectum. Butt plugs come in many different sizes, and some even vibrate. Because of their unique shape, butt plugs don't work well for thrusting. People use butt plugs to give their rear ends a feeling of fullness.

If you are looking for sex toys, do research on which ones are best for anal play. If the toys you are sticking up your rear end don't have a flared base, they need to have a butt-toy approved handle or string to pull the toy out with in case it disappears up your butt. This is a hazard that should not be taken lightly. Objects that are lost in the rectum often require Emergency Room assistance. If you plan to use a sex toy for both vaginal and anal recreation, get a separate toy for each port of entry. Having dedicated sex toys helps decrease the chance that fecal matter will get into the vagina. If a sex toy has a porous surface, use a condom on it to keep feces from collecting in it.

Sex toys vary greatly in price. Some are made from funky or dangerous materials. The best way to protect yourself is to purchase sex toys from a reputable source.

Butt Toy Precautions

■ Anything inserted into the rectum must be smooth with no points or ridges.

■ Rectums are hungry orifices. Make sure that anything that goes up them is firmly anchored on the outside of the body so it can't get sucked up inside. Dildos or butt plugs with flared bases are best.

■ Anal beads resemble worry beads, but each bead is held in place on the string so it doesn't slide. While anal beads can be used to count your worries on, people usually stick them up their butt. They are slowly pulled out at the point of orgasm to enhance the sensation. Anal beads can be as small as mothballs or as big as golf balls. If the beads are plastic and have sharp blow-mold edges, file them down first. Also, it is wise to encase anal beads in a condom before inserting. That's because they are very difficult to clean.

■ Wash anal sex toys with soap and hot water, and then disinfect them by boiling them or soak them in a 10% bleach solution for at least 20 minutes. If disinfecting a toy will damage it, then you shouldn't be using it for anal sex unless you can put a new condom over it each time.

Why Using Condoms Is So Important for Anal Sex

Few women understand that their chances of getting HIV from anal intercourse is 17 times greater than their chances of getting it from vaginal intercourse. Straight or gay, single or married, monogamous or orgy-inclined, it is best to use a condom when having anal intercourse. While avoiding HIV, AIDS and other sexually transmitted infections is the most important reason to use condoms during anal sex, there are other concerns as well.

Fluids deposited in the rectum are absorbed more easily into the body than fluids deposited in the vagina. So a woman's colon is going to slurp up male ejaculate that's been deposited in her rear end. How her immune system will respond is anyone's guess. If you put a condom on the penis, you've eliminated a potential source of concern. And both of our prostate consultants balk the thought of sticking an unbagged penis up a rectum, even if you are having sex with a wife of twenty years. That's because the same bacteria that are prevalent in the rectum can cause a prostate infection (prostatitis). They can also cause vaginal infections when a penis goes from an anus to a vagina.

No matter how hard you wash a penis after anal sex, bacteria-laden chunks of feces can remain inside the urinary opening. Using a condom will prevent this. If he is not using a condom for anal sex, a man should wash his penis well afterward and try to take a leak help flush out unwelcome bacteria. Here are three more things to consider:

- Don't use ribbed or studded condoms for anal sex. The extra friction from the ribbing on the surface is not helpful.

- Some people have been trumpeting the value of the female condom for anal intercourse. Experienced users recommend that you take out the inner ring before inserting the female condom in the rectum. Plus, you can leave the female condom in your ass if you want to take an intermission or need to go shopping or something. However, using female condoms for anal sex has not received FDA sanction, so beware.

Lubes for Anal Play (from Chapter 25 on Sex Lubes)

Historically, the lube of choice for all things anal was a famous brand of vegetable shortening called Crisco. Then came the '80s and the plague, and since then the sex-lube wars with sex lube manufacturers fighting for market share. (You might not think of your anus as a profit center, but companies that make sex lube certainly do.)

Nowadays, just about everyone who is into anal sex has a “slippery top ten.” Good luck finding a consensus on which is best and research on which is the safest.

Vegetable shortening remains the standard that anal-sex lubes are trying to copy, but without its many downsides, eg: vegetable shortening has no antibacterial properties, so dipping fingers with fecal matter on them back into the can might contaminate it; vegetable shortening melts latex condoms, which are thought to be safer for anal intercourse than polyurethane condoms; and vegetable shortening leaves rancid-smelling sheets with wicked stains. Also, there might be problems with vegetable-shortening-fecal-ooze dripping from a woman's anus into her vagina if she is in an ass-over-tea kettle position when having anal sex.

There are no warnings on the side of vegetable shortening containers that say, “Use only in your oven and not in you ass.” But there are also no scientific studies on the safety of vegetable oil for anal sex. So while there are plenty of opinions, no one really knows what's best. As for the lubes for anal sex which say they use “FDA-approved ingredients,” this means absolutely nothing, as the FDA does not have a list of approved ingredients for anal intercourse.

Silicone-based lubes are the current front runner for anal sex. They should do the job for anal sex without your butt dripping grease like the grill at McDonald's. As for specific brands, ask around, do a browser search, and check the reviews on Amazon.

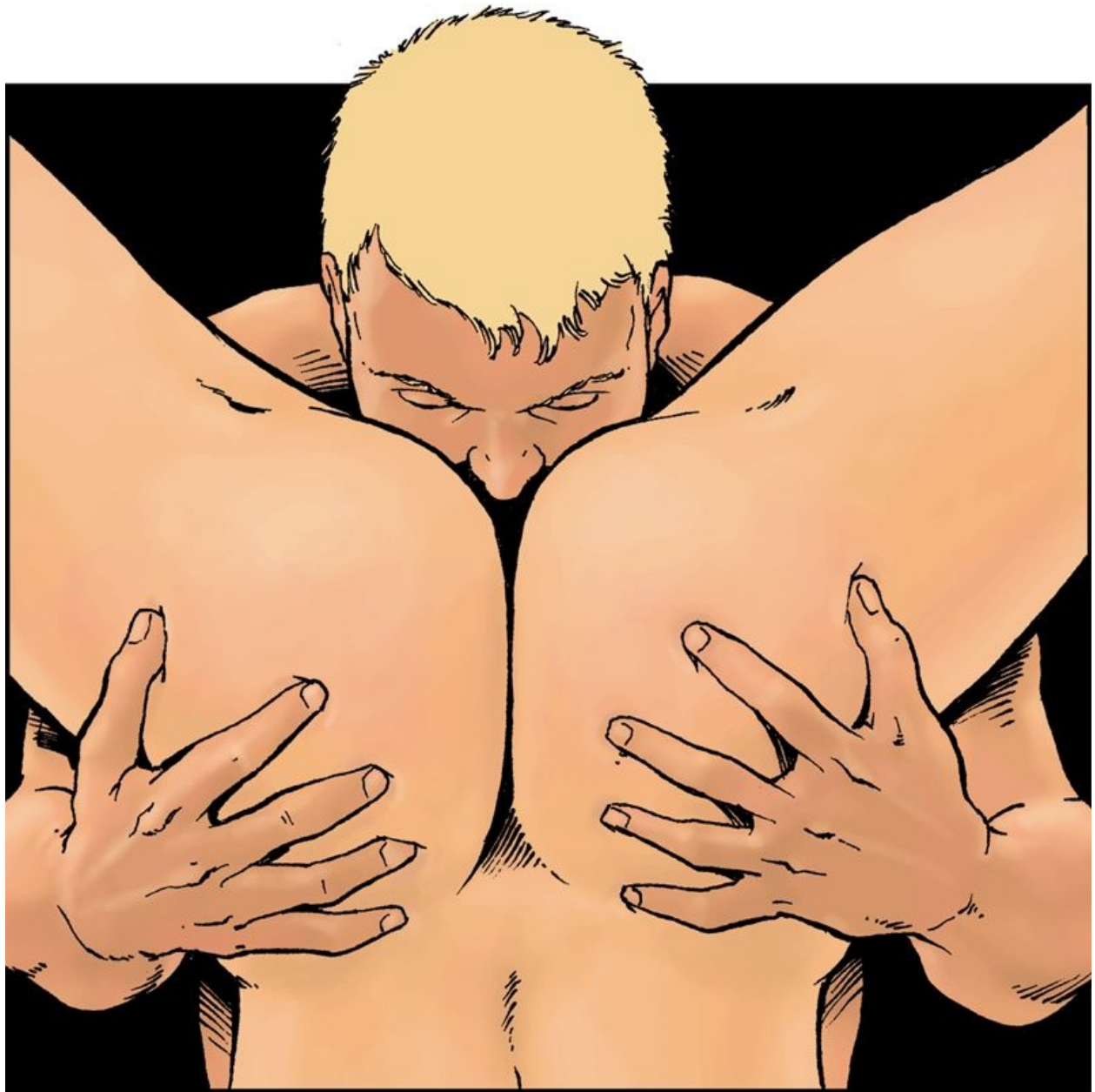
Be careful with lubes that contain numbing agents. They have names like Anal-Eze, and Tushy Tamer. Using lube with numbing agents is like disabling the smoke alarms in your home. Pain during anal sex is an important indicator that you are being too rough, aren't relaxed enough, aren't turned on enough,

that your partner is too big, or that anal sex is not for you. Also, if something numbs your ass, it will numb your partner's penis, which means more thrusting rather than less.

Rimming —Hepatitis and More

Rimming refers to when one partner sticks a tongue up or around the other's anus. Whether you are straight or gay, it's not a good idea to rim just anyone, as this can be a way of getting hepatitis, E. coli, salmonella, shigella, amoeba, giardia, and cryptosporidiosis.

By the time a couple has been having sex with each other for a few years, they pretty much share the same anal and intestinal flora. So you probably won't get anything worse from licking your partner's anus than you would from licking your own. But in more casual relationships, you should definitely get a hepatitis vaccination and consider using a safe sex barrier between your mouth and a new partner's anus.



Double Penetration

“I have had anal sex intermittently. It’s okay. I was double penetrated twice and *THAT* was the most incredible thing, but it was a dangerous science to get the positioning just right.” *female age 28*

See [Chapter 41. Double Penetration](#) for more information about DP.

Anal Fisting

Anal fisting involves sticking your fist up a partner's rectum. While it can be safely done between partners who are highly experienced, it can be dangerous if done by anyone else. There is a highly regarded book on the subject by Bert Herrman: *Trust: The Hand Book—A Guide to the Sensual and Spiritual Art of Handballing*. The subject is also covered in Tristan Taormino's *Ultimate Guide to Anal Sex*, 2nd ed.

It never hurts to check with a physician first, perhaps one who is recommended by your local gay and lesbian health center. Even if you are not gay, an LGBT center is more likely to know about the practice and will send you to a more fisting-friendly practitioner. There are also organized groups of fisters in large cities who offer talks and demonstrations.

When a Condom or Sex Toy Gets Lost in the Dungeon of Doom?

According to the excellent *Sex Disasters* by Charles Moser, M.D., a condom lost up your rectum can go farther up than your partner can reach with his or her fingers. Not to worry, it will most likely come out the next time you have a bowel movement. However, if you are concerned you will die from a condom up your crapper, visit an ER.

As for a sex toy lost up your bum, that is a different story. Do not try to reach up and grab it, as you are likely to shove it farther up. If you can't squat and push it out, seek medical attention. Depending on the object, this can be a very serious situation.

Precautions for Anal Sex—A Recap

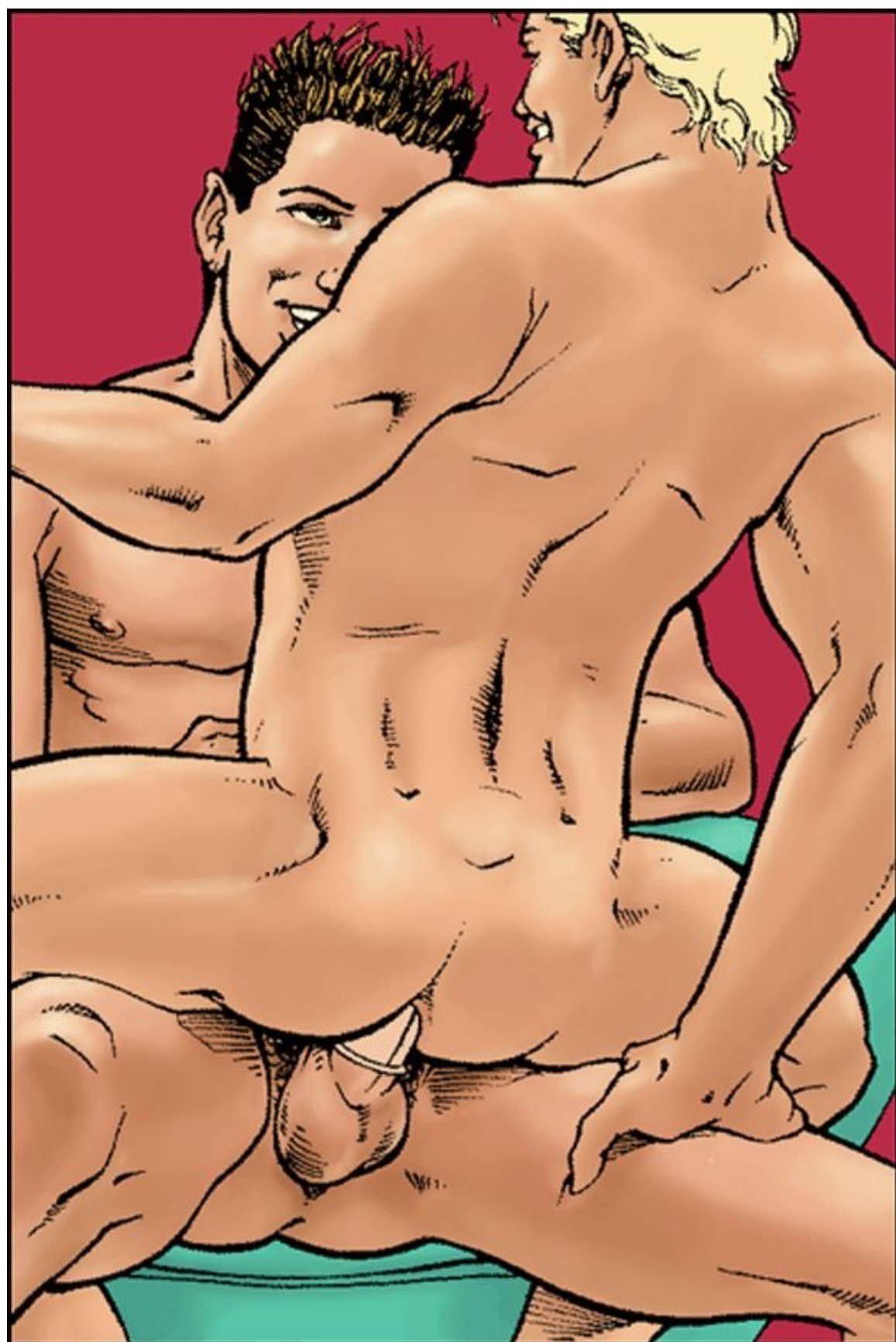
- Straight or gay, married or in transition, if you are doing anal intercourse, use a condom and LOTS of condom-friendly lube.
- Do not use lubes that numb your butt like *Anal Ease* and *Tushy Tamer Anal Desensitizing Cream*. This is the equivalent of unhooking the fire alarms in your home because you sometimes burn the toast.
- Don't use lube with sorbitol or glycerin.
- Do not put anything up your rectum that has sharp edges or can break. Make sure that your nails are well-trimmed and filed.
- Use only sex toys that were designed for anal sex play.
- Make sure that anything about to go up your rectum is clean and well-lubricated. You may need to re-apply the lube often. That's because the rectum was designed to absorb fluids back into the body.
- Positions for anal intercourse are similar to those used with vaginal intercourse. Feedback is important. Discuss which positions and angles feel best.
- Remove anything you have placed in the rectum very slowly. This includes a penis.
- Don't stick a finger, penis or other object directly into a vagina when it's just been up an anus. Wash it first with soap and water.
- People who have anal intercourse should get a rectal swab done to check for sexually transmitted infections.
- Never, ever have anal sex unless your rectum is in 100% good health. Do not attempt anal sex if it is painful.
- Try not to hold your breath. Breathing deeply will help you relax.

■ Once you get a finger, penis, or sex toy inside your partner's rear end, don't start thrusting with it. Leave it in place and gently start making circular motions. If and when your partner wants you to start thrusting, pull out slowly and add more lube. Then start thrusting slowly.

■ Using a latex glove helps fingers slide in more smoothly. Using a condom helps a penis slide in more smoothly.

■ Don't have anal sex when you are drugged or drunk. Your rear end is more easily damaged by sloppy sex than other parts of your body. Anal sex requires that the driver as well as the passenger be alert and sober.

■ If you have medical questions about anal sex but are not comfortable speaking to your healthcare provider, call an LGBT health center or national sex hot line. If they can't answer the question, they should be able to find you a healthcare provider who you will be comfortable speaking to.



These lads want you to use condoms for anal sex even if you are married and straight as a road through Kansas.

Women's Comments about Anal Sex

"Best way to have anal sex with a partner? Me rubbing my clit with his finger or a small toy in/around my ass. *female age 39*

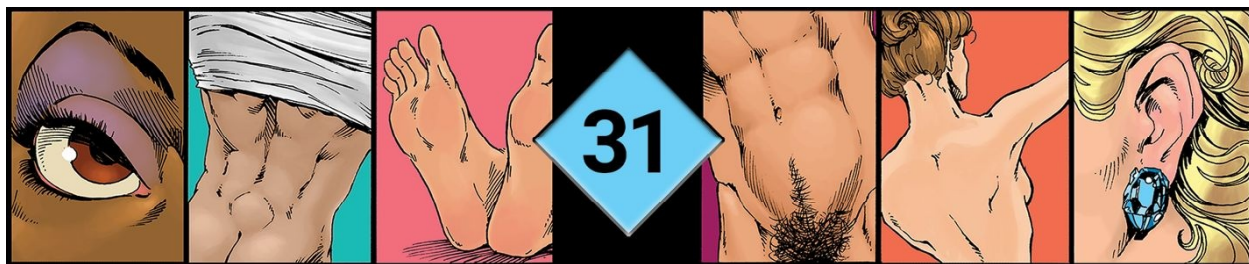
"If my partner hadn't already been experienced with it, it probably could have gone horribly wrong. My favorite is a finger in the ass while I touch my clit and finger myself with my partner sucking on my breasts." *female age 25*

"I like anal a few times a month. I have to be feeling clean and in the mood to cum hard as my orgasm is super intense." *female age 39*

"It took practice but now I enjoy anal. Still can't just stuff a cock right in. The magic 'formula' if you will: oral, a bit of thrusting while stretching me out using fingers or a toy, then lots of lube and slow entry with a moment to let me adjust. Then I rub my clit while he fucks my ass and dear god I almost see stars when I cum!" *female age 39*

"Sometimes I masturbate using a dildo, sometimes a buttplug, sometimes both. Usually the dildo will make an appearance halfway in, but if I want the buttplug, it makes a very early appearance, sometimes even before I start touching my clitoris." *female age 33*

"Sometimes I really want it and end up having insane orgasms with a little clitoral stimulation." *female age 32*



Sex Fantasies

Given how sex fantasies are nearly universal, it's surprising we tend to be embarrassed about them. But why bother fantasizing about things that everyone else approves of?

Some people have a single reliable sex fantasy that they return to time and again. Others have a toolbox of scenes, scenarios and images that help get them off. And some people, more women than men, report not having sex fantasies. However, they might have sensual fantasies that accomplish the same thing, but you'd never confuse them with porn. Their fantasies could be more like lying on a warm relaxing beach, or images of things that allow them to turn off the vigilant parts of their mind and become more at one with the sensations in their body.

Some sex fantasies are highly scripted, others are little more than collages or fleeting images. Some fantasies are hardcore, others are more sensual than sexual. Some begin with sexual imagery that evolves slowly. Most people find it difficult to masturbate without a sexual fantasy, and many people fantasize during intercourse.

The content of sex fantasies varies; some are sweet, kind and silly; others are weird, kinky and bizarre. Some are action-packed and exciting; others are quiet and ethereal. Some sex fantasies are populated with past lovers, singers, people in uniforms, movie stars, teachers, priests, family members, total strangers and even furry friends from another species. One of the more popular sex fantasies involves things you've done sexually with your current or a past partner.

Fantasies get their fuel from the deepest recesses of our mind and they can often be shaped by the culture we were raised in. Fantasies allow us to be different from who we are in real life. We can be active or passive, devil or angel.

There's nothing that says an obsessively neat surgeon can't have a fantasy of being masturbated by a pair of smelly feet, or a faithful and loving wife can't have rough sex with her husband's best friend or be part of a threesome, which is one of the more common fantasies that women have. Or maybe she fantasies

about something more tame, like having her back rubbed or being unconditionally loved.



Rape Fantasies

It's not unusual to have fantasies where sex is forced, nor is it unusual to fantasize about sex with people in uniform. Consider this passage from Betty Dodson's fine book, *Sex for One*, Harmony Books:

“A friend who considered herself a radical feminist got concerned that her sexual imagery wasn't politically correct because it wasn't 'feminist oriented.' I assured her that all fantasies were okay. Lots of people imagine scenes they never want to experience. I also pointed out that we can become addicted to a fantasy like anything else, and suggested she experiment with new ones. One of her new assertive fantasies is about moving her clitoris in and out of her lover's soft wet mouth while he's tied down. Whenever she gets stuck or is in a hurry, she brings out her old fantasy of being raped by five Irish cops and always reaches orgasm quickly.”

Being raped in fantasy can be a way to enjoy pleasure that would otherwise cause guilt. Sex that is out of your control keeps you from having to feel responsible for wanting it. It is also a way to feel sexually desired and valued, since the perpetrator would do anything to have you. If you ask most women who have rape fantasies to describe the man who is “raping” them, you'll find he's not what we picture when we think of a violent felon, unless the guy has been spending six hours a day in the prison weight room or reads slash fiction to his cellmates.

The perpetrators in many rape fantasies are actors, musicians or bodice-ripping hunks—someone who the woman might want to have sex with anyway. Often missing is the terror, violence, confusion, rage and disgust that makes rape RAPE. The woman is in control by virtue of who she has “raping” her or because she's the one scripting the scenario, while control is the last thing a woman who is being raped in real life has any of.

Even if the woman's rape fantasy involves her being degraded or humiliated, it doesn't make her fear men in real life like an actual rape often does. It doesn't make her afraid to go out of doors like having been raped in real life might. Then again...

Fantasies of Real Rape

When it comes to human sexuality, just when you think you know what you are talking about, someone will mercifully set you straight. When I did a post about rape fantasies for *Psychology Today*, several woman agreed that their “rape” fantasies had few similarities to rape in real life. But then, a reader made the following comment:

“This does not apply to me, and I am a woman with rape fantasies. I think there is such a thing as a true ‘rape fantasy,’ and that is what I have. My rape fantasies involve scenes of violent and degrading sex torture committed by men who disgust me, like an overweight and dirty old man, or a socially awkward and unattractive geek who masterminded a plan to imprison me and torture me with strange machines.”

“For me, there is a strong humiliation-pleasure connection. My own fantasies disturb me and give me fear, but they are the only thing that works for me sexually. I can’t get off without them.”

This is an important reminder of how complex sexuality can be, and how complex our sexual fantasies can be.

Men's vs. Women's Sex Fantasies

Girls in our society are raised on videos and fashion images of attractive female models—attractive if you don't take into account the degree of Photoshopping it takes to make them look that way or how many meals these women barf up to stay slim, or how much silicone they have surgically packed into their chests. Add to this the influence of porn, and it's not like porn producers hire plus sized women.

As young women look at these images, they often think about other women's bodies, particularly the ideal woman whom they hope to someday become. Boys, on the other hand, have traditionally grown up fantasizing about doing things; for instance, being firemen, sports heroes, musicians, stuntmen and perhaps porn stars. Even when it comes to video games, boys are forever killing, bombing, shooting or building something. So boys' fantasies tend to be more about doing, while women's might be more a combination of doing as well as being admired for how they look.

Psychologist Karen Shanor believes that when women see an erect penis in their fantasies, they often relish it as a sign that the man finds them irresistible, as opposed to being in awe of the penis itself. She also says that when a woman walks into a formal affair like a prom, the first thing she often notices is how the other women look and how she feels in comparison. Men usually aren't concerned with how the other men look, unless they are actors or gay.

Shanor's theory does have its limitations. It doesn't explain why many women prefer the sexual touch and feel of a man's body. It doesn't explain why a lot of women enjoy the way a penis feels when it's inside of them, or why they might find a male's butt or shoulders to be sexy.

And when a woman is at a swim meet or water polo game, it's hard to believe her eyes don't stray to the front of the guys' Speedos, after checking out their butts and abs, of course.

Your Lover's Sex Fantasies

Every once in a while, one partner will tell the other about his or her private sex fantasy. Stranger things have happened. But don't expect to see the fantasy plastered on a billboard surrounded by neon lights. Most of us are a little embarrassed by our sexual fantasies, sometimes with good reason. As a result, we don't reveal our fantasies in a way that's particularly direct, nor should we.

So let's say you are a guy and your sweetheart casually or jokingly makes an off-the-cuff statement that she likes seeing guys in jock straps. Boom, ball's in your court. If you have half a brain, and not many of us do, you won't laugh and tell her how much better you feel in boxers than wearing some old athletic supporter. Instead, you will consider buying some new jocks, maybe in colors, maybe one with a cup, what the heck.

So there you are later that night, with your partner's warm familiar fingers slowly popping the buttons on your blue jeans and bingo, she discovers you are wearing a cool looking athletic supporter underneath! Before you know it, she's in sexual orbit and you are the happiest jock on your block! Or she might discover her fantasy was best when it was only imagined and that it loses it's erotic edge when acted out in reality. There are no guarantees.



To Share or Not To Share?

People occasionally have sexual fantasies about someone other than their partner. Sometimes it is prudent not to share these fantasies, e.g., “The reason I got so hot is because I pretended you were Mike.” Other times your partner might find these fantasies very arousing.

While it’s great that you and your partner might be open to hearing each other’s fantasies, this doesn’t mean that you need to act them out. Sometimes you’ll say, “That one doesn’t work for me—let’s look for something we can both get into!” When you do find the right fantasies that turn both of you on, acting them out together can be great fun.

Responsibility

Knowledge of your partner's fantasies is a trust that remains with you for life. This holds true even if you break up and find yourselves disliking each other. No one forced you to be in a relationship with the person, so don't go blabbing personal stuff just to be hurtful. In the long run, it reflects badly upon you. People who gossip about a current or former partner's sexuality are both shallow and deceitful. The laws of karma will someday haunt them, assuming there are laws of karma.

Readers' Comments about Their Sex Fantasies

"At work I daydream a lot about sex and what it would be like with certain people that I am especially attracted to. Since I am about to get married, I sometimes feel bad thinking of others, but as long as you don't act on it, you're pretty much okay." *female age 30*

"As a working mother, I get sex and orgasms, but I rarely get romance, so that is what I fantasize about." *female age 36*

"I probably have similar fantasies to anyone who watches the Sci Fi channel too much." *male age 30*

"My fantasies always involve my current real life lover. We're making romantic love somewhere that is new to us—a beach, forest, remote island, in front of a fire in a cabin." *female age 34*

"My fantasies don't play a huge part in my life, except that I get confused why I have fantasies about other girls when I love penises and my boyfriend very much." *female age 23*

"I had always fantasized about my girlfriend being totally naked with her legs spread apart when I came into the room. One day she actually did this! It was awesome!" *male age 21*

"I don't have any clearly defined fantasy. They are more fleeting feelings and don't affect my life much." *female age 38*

"In my fantasies, I am always me, but not necessarily my biological sex

or gender, rather like a body made out of my mind. As a teenager, I invented stories about a girl representing me. By completing quests, she earned magic to switch my bodily form. I think I stopped at about 16. By then the girl was made out of two women (one blonde, one red-haired), a young man and a mermaid. I've never told anyone, not because I feared judgment, but because it was mine alone." *female age 37*

"My husband and I have been married for 10 years and still love to act out our fantasies. Last month he was a customs agent and I was trying to sneak something across the border. After he completely searched me, I had to bribe him with sexual favors until he let me go. Later, I was a physician and he the reluctant patient." *female age 33*

"I'd love to see my girlfriend get it on with another woman and I know it would be a turn-on to see her get it on with another guy, but I don't know if I could keep from getting jealous." *male age 39*

"In general, I like to fantasize about money shots." *male age 32 [Small wonder, this man said that when he masturbates, 99% of the time it is to porn.]*

"I have too many different sex fantasies to list and I tend to think about sex all day." *female age 32*

"My favorite fantasy is a threesome with another woman; I share my thoughts with my husband and we sometimes make fake plans how to organize it and what the person should look like." *female age 45*

"Mine is a threesome with two guys. I'd like to be double penetrated, but I'd have to trust the back door guy a bunch to not hurt me." *female age 39*

"Watching my husband have sex with another woman while a different woman goes down on me! I think about it a lot when he goes down on me" *female age 28*

"I fantasize about BDSM a lot." *female age 20*

"Scenarios involving CFNM and small penis humiliation." *male age 31*

"I try to stick to memories of my girlfriend." *male age 29*

“I have fantasies about being forced to strip for examinations and being stripped searched.” *male age 48*

Have you ever had homosexual fantasies?

“I used to fantasize about women all of the time. Finally, I decided to give it a try and had sex with one of my best female friends, who is mostly heterosexual. It was fun and every now and then we play with one another. I have never developed an emotional attachment to her or any other woman, and I no longer fantasize about women.” *female age 26*

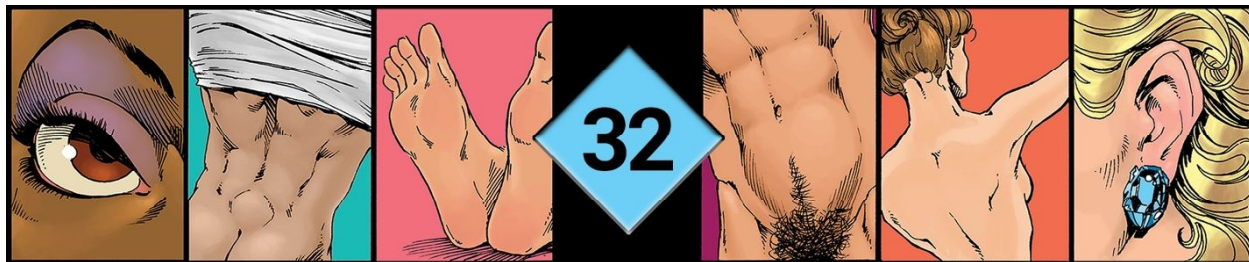
“I fantasize about being with another woman often, but I also fantasize about my boyfriend and Brad Pitt!” *female age 25*

“I am aroused by images of women with women; also by stories of multiple partners. On occasion, I use these fantasies to reach orgasm.”
female age 32

“I’ve had no fantasies or gay experiences, although I wonder sometimes if I could get turned on by another guy.” *male age 30*

“I wonder if gay men fantasize about being with a straight man?” *male age 20*

Thanks to Wendy Maltz for her astute and thoughtful article Women’s Sexual Fantasies by Wendy Maltz and Suzie Boss from in Private Thoughts: Exploring the Power of Women’s Sexual Fantasies, Booksurge.



The Fairy Pornmother

Hello Sweeties! I'm the Fairy Pornmother. The author of the *Guide To Getting It On* asked me to provide you with some perspective on the porn industry, which I call Pornland.

Nobody in Pornland ever dreamed people would take porn seriously. I mean, look at my titties. Look at my waist. My lips are purrrrrfect. (Both sets of them.) How many women really look like me or the other actresses in porn?



***The Fairy
Pornmother!***

Nobody in Pornland ever thought 8-to 12-year-olds would start watching porn and it would become their only source of sex education. Now most middle schoolers think what we do is real! They think it's what they should do. They think guys can get hard on demand and stay hard for hours at a time like the men in Pornland. I'll bet you didn't know that two of my best actors ended up in the emergency room with doctors having to stick needles in their penises to help relieve the pressure. Porn actors take nearly toxic doses of boner drugs so they can have erections on demand, and sometimes their erections won't go down. (In Pornland, we call Viagra Vitamin D!)

People in porn excel at one thing: getting our freak on for the camera. We love it when you are watching us do things with our clothes off. But that's not making love and it should not be confused with it.

Have you ever seen any of us kiss for half an hour? Have you ever seen us give each other massages or laugh and tease? None of that works for the camera. No one who is horny wants to land on a website where porn actors are kissing. You'd hate us.

When's the last time you made love to someone whose crotch had makeup on it and a 400 watt spotlight shining between her legs? That's what we do in Pornland. We're an amusement park of excess. We exaggerate everything.

There are no A-cup breasts or five-inch penises in Pornland. They're forbidden. Our job is to create videos that will get you to click and stroke. That's our bread and butter. Even if you never pay us a single dollar, Pornland makes money each time you click. None of what we do is about sex in real life or making love.

I hire actresses who can convince you they're having orgasms when a man with a penis the size of a Pringle's can is pounding them in ways that would cause most women pain. I hire actresses who won't throw up when I tell them to suck on a penis that's just been up their rear end. I hire actresses who can have sex in positions that would make the joints of a yoga teacher explode.

I hire actresses who will do things that cam girls and prostitutes won't do. And I try to make you think it's normal, even if your wife or girlfriend won't do it either. For a lot of the girls who work in porn, it's their fifteen minutes of

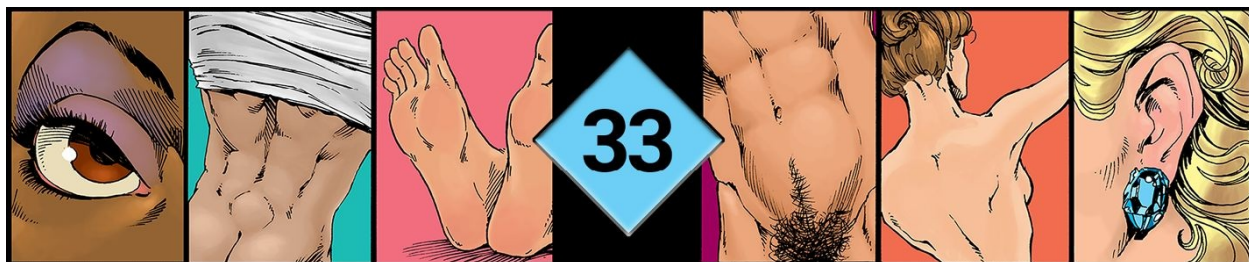
fame. It's about them getting to feel good about themselves because you're at home masturbating to them. And I don't want you to ever masturbate without watching porn. That would be a catastrophe as far as our business plan is concerned.

I understand that not all porn is from Pornland. There's amateur porn that people post online. But if homegrown porn doesn't look like what we produce here, you aren't going to watch it. You're not going to put up with some guy giving a woman oral sex for half an hour while she's laying there looking like she took a handful of tranquilizers because it feels so good. Who cares if he's rocking her world? It doesn't matter unless the camera can make it look like he's rocking her world.

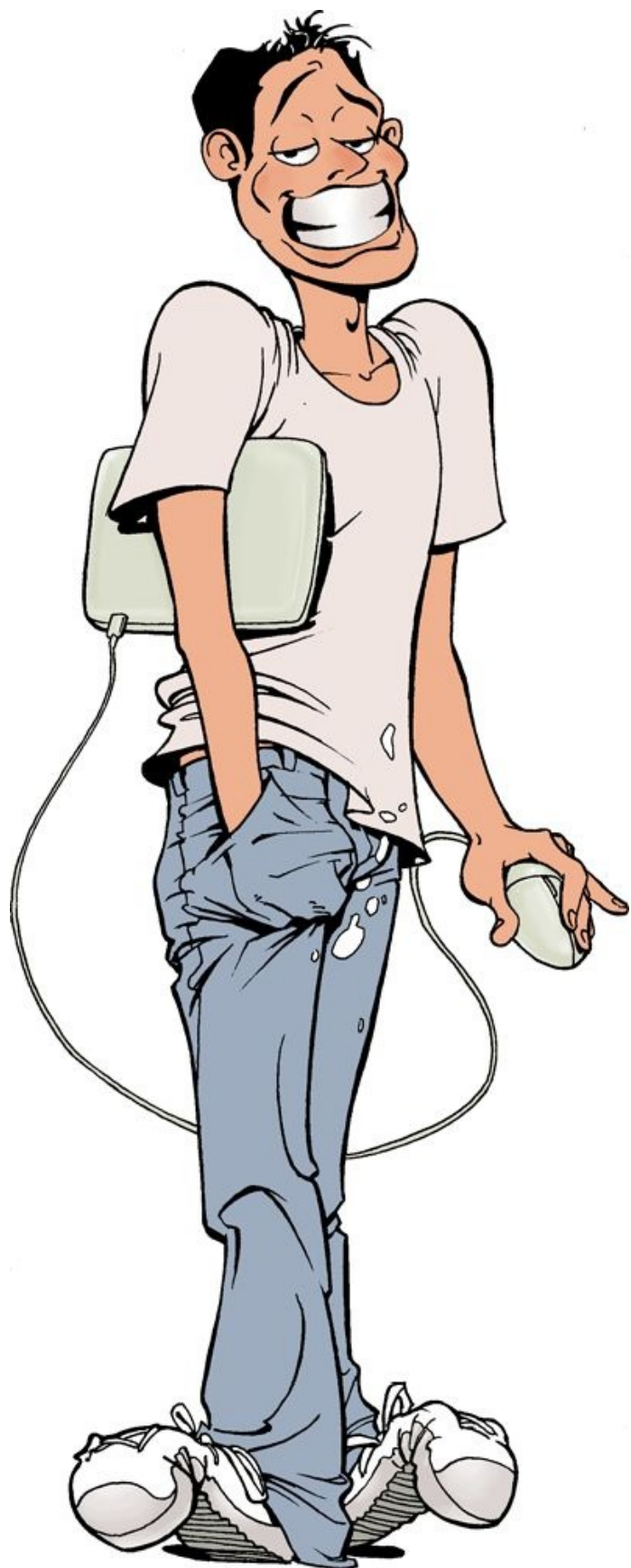
Our job is to excite you without asking a thing of you. Good luck making that work in real life! But the truth is, very few of the actresses you watch in porn have sex this way in real life. One of my best actresses who you've watched faking orgasm after orgasm is not able to have orgasms during intercourse in real life. She needs to receive almost an hour of oral sex in order to come, and that's with her real life husband who's had to learn exactly how to stimulate her clitoris with his tongue.

So it's fine to enjoy porn, but remember it's not about making love and it's not about pleasing a partner. We don't care about that in Pornland.





Porndoggie's Dirty Dozen



People have been looking at porn since cavemen did the first chalk drawings of couples having sex. Fortunately, the technology has improved since then.

There is nothing wrong about enjoying porn, as long as you aren't doing it 24/7. If they had the choice, most people would rather be with a real-life lover or be able to watch porn with a real-life lover, except for Porndoggie who thinks that sex in porn is the best sex ever.

Here's Porndoggie's list of what he likes best about porn.

#1. Creampies and Money Shots (or ‘Facials’)

Porndoggie: *Creampies or facials, creampie or facial, I can't decide which represents a better use of a porn actor's talent.*

DEFINITION: The *creampie* has only been in porn for the past decade or so. It's where a man does a shallow ejaculation inside of a woman's vagina or anus, but quickly withdraws so the viewer can see his semen oozing out. The *facial* or *money shot* is when a porn actor pulls his penis from whatever part of an actress's body it's been in, aims it at her face, breasts or some other part of her body, and then strokes furiously until he ejaculates. Facials or money shots are the hallmark of modern porn. Almost 95% of mainstream porn movies include facials or shots of men coming on their partner's bodies.

ANALYSIS: Facials would rarely happen if it weren't for their popularity in porn, and creepies would almost never happen. We occasionally receive a sex survey from a woman who thinks it's hot when a guy ejaculates on her face or breasts. However, most women do not enjoy this. So do not assume your partner wants you to come on her face, breasts, belly, or back unless she asks. And do not get semen in her eyes. It will burn.



#2. Anal Sex and ATM

Porndoggie: *While I think ATM is the coolest thing since anal bleaching, nothing hits the spot like old fashioned anal sex.*

DEFINITION: ATM or *ass-to-mouth* is a recent addition to mainstream porn. It involves a porn actor pulling his penis from an actress's rectum and placing it directly into her mouth without washing it. It is referred to as ATM, A2M, or ATG (ass-to-gob) if you are British. Sometimes, the actor will pull his penis from the rectum of one actress and place it into the mouth of another actress, or he might do "ass-to-pussy."

ANALYSIS: Anal sex dates back to the time of the ancients, but pulling a penis out of a woman's ass and shoving it into her mouth is a recent invention. It's porn's way of going the extra degrading mile. How is it that a porn actress will never stick a finger or dildo up the ass of a male porn actor and put it straight into the male actor's mouth? Perhaps that's because most straight men would find this horrifying.

REAL LIFE: Anal sex requires trust, relaxation, lubrication, feedback, desire, and practice. None of these are ever shown in porn. If anal sex is something you both want to experiment with, then learn as much as you can about it first. Go slowly and cautiously. That way, your chances of it being an enjoyable experience will rise dramatically. But under no circumstances should you try to have anal sex like they show in porn.

#3. Women Always Want Sex!

Porndoggie: *The women in porn love sex more than other women. And they know that porn actors have the skills to please them.*

ANALYSIS: Sex in porn requires no intimacy and there's no investment in a relationship. There's no need to respect and treat a partner well. No one ever feels tired or just wants to cuddle.

REAL LIFE: Not all women want sex 24/7. For some, it's the non-sexual aspects of a relationship that help make sex feel special.

#4. No Time Wasted on Kissing

Porndoggie: *The reason women get tired of men is that men spend too much time trying to kiss them. Women want sex now.*

ANALYSIS: Porn defines women by their vaginas, with their rectums and breasts being other points of interest. There is no caressing, passionate kissing, or running your fingertips through your partner's hair.

REAL LIFE: There are times when a woman wants sex without delay. And many women wish their partners were more take-charge in bed. But that doesn't mean this is all they want. And many women prefer twenty minutes or more of kissing and other forms of sexplay before a penis is involved or before a man touches between their legs.

#5. You Never Need to Ask

Porndoggie: *Women like a confident man who doesn't need to ask.*

ANALYSIS: In porn, it's the man's job to magically know how to please a woman. "Asking" is relegated to the fringes of porn, such as when a submissive in BDSM says, "May I please lick the mistresses feet?"

REAL LIFE: In real life, a woman needs to let a man know if she wants to have sex. It's called consent. There's also a learning curve. In her book on sex, porn actress Nina Hartley says a millimeter can make all the difference when it comes to stimulating the clitoris. How would you know what feels best without asking and receiving feedback? No two women respond in the exact same way. Nor will a woman necessarily respond on Friday as she did on Monday. Asking and seeking feedback are the cornerstones of being a good lover, except in porn.

#6. You Get to Fuck a Woman's Face

Porndoggie: *Women enjoy a good face fucking.*

ANALYSIS: In porn, a man often grabs the sides of a porn actress's head and thrusts his penis as far as he can down her throat. There will often be a look of deadness or fear on the face of the porn actress.

REAL LIFE: Most women despise it when a man grabs their head and thrusts his penis down their throat. It feels like assault. They say it's far worse than going down on a man with smelly balls, which is number two on many women's list of what they don't like about oral sex. If you are lucky enough to be receiving oral sex, go out of your way to make sure your partner never gags or feels like she isn't in total control.

#7. Girl-on-Girl

Porndoggie: *What's better than watching a girl tongue another girl's pussy?*

ANALYSIS: In porn, the sex that women have with women is usually choreographed to fit a straight man's fantasy. (Lesbians with long nails, really?) Not many lesbians consider the sex that's shown in mainstream porn to be sex. And porn actresses usually end up sucking on a penis after they've had their token sex with another woman.

REAL LIFE: When women are having sex with women, they usually aren't doing it for the pleasure of men — except for drunk college girls who kiss and grope each other's breasts to up their status with college guys. If you are a woman who is interested in experimenting sexually with another woman, the sex that women have in straight porn is probably not your best guide.

#8. Pussies without Flaps

Porndoggie: *Women in porn have perfect pussies.*

ANALYSIS: Way more women want to be in porn than porn has room for. So porn producers are able to select women with smaller inner labia or women who have had labiaplasty. This has little to do with pleasure in real life, and everything to do with the camera.

REAL LIFE: Labia come in all shapes and sizes. Inner labia get thicker when a woman is sexually aroused. They also have nerves that can feel delightful sensations when they are gently caressed and tugged. While some men might prefer women with inner labia that are less pronounced, others might prefer women with labia that are larger. Most men are so happy to be having sex with a real life partner, a woman's labia are seldom a deal breaker.

#9. Men Have Man-Sized Meat

Porndoggie: If you have to look at another guy's dick, it might as well be a decent size. And a thicker dick leaves a gaping hole in a woman's pussy or ass for the camera to look into.

ANALYSIS: Porn actor penis size falls in the top 1% to 10% of all men, while the average penis is just under 5.5 inches long when erect, give or take. The thickness varies as well. So does the shape, head size, color, angle of erection, and number of visible veins on the shaft.

REAL LIFE SOLUTION: Most men who compare themselves to porn actors come up short. And most women who think their male partners should measure up to porn-actor dimensions will be disappointed.

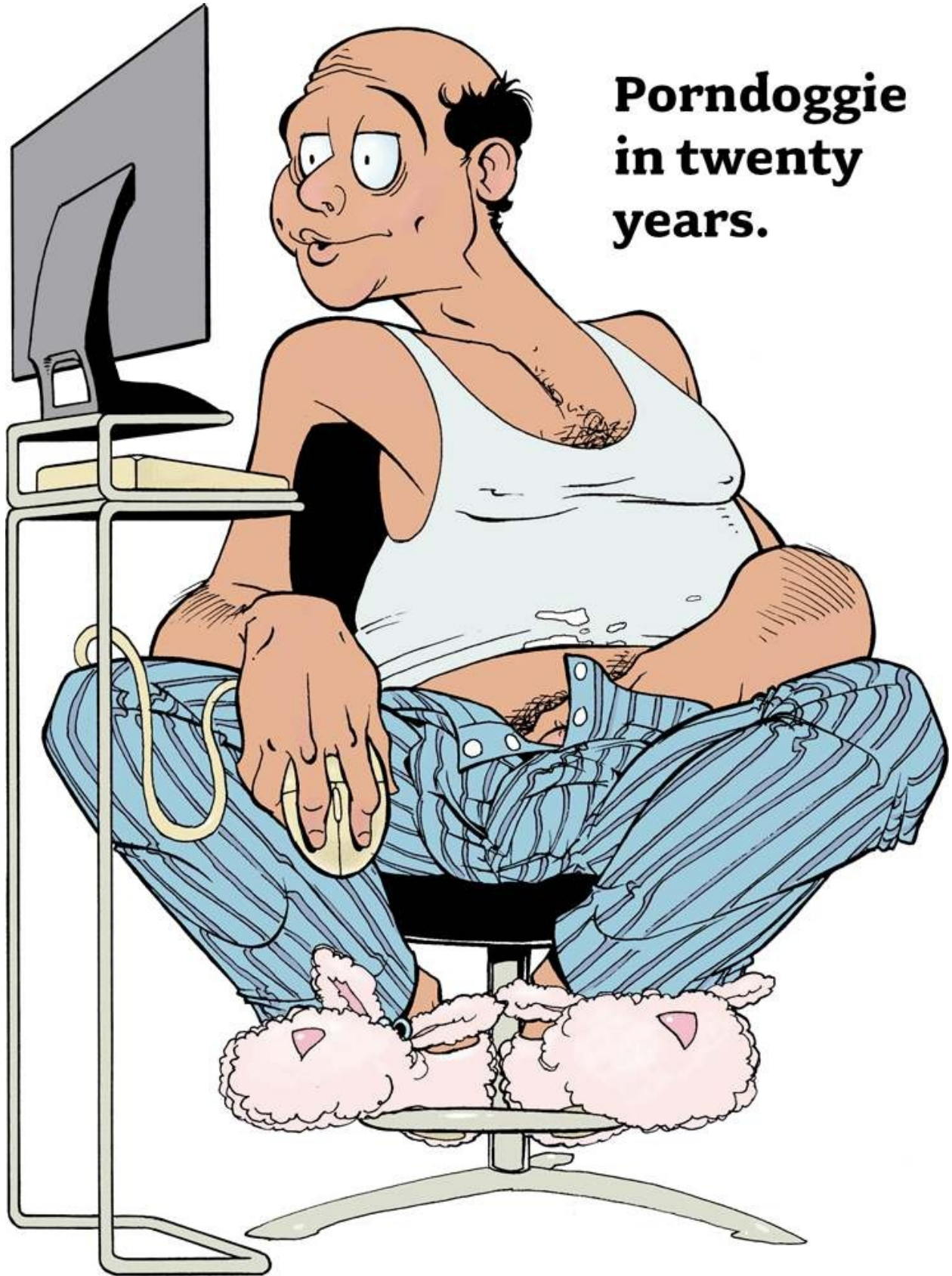
#10. You Get to Call Women Bitches and Whores

Porndoggie: *Women like it when you talk dirty to them!*

ANALYSIS: Women often like it when a partner tells them how hot they look, how good the sex feels, that they give the best blowjobs ever, that their vaginas smell sweet, that they've got great legs or breasts, and that he'd die if he couldn't be with them. This is very different from calling them names.

REAL LIFE: There's a difference between talking dirty and being an asshole. Do not insult or demean your partner unless she tells you it turns her on.

**Porndoggie
in twenty
years.**



#11. Women Always Come

Porndoggie: *Women really get off in porn. You can tell.*

ANALYSIS: A lot of women don't like porn because they can tell that porn actresses are usually faking that it feels good and faking orgasms. Rather than being about pleasure, everything a porn actress does is to provide the best camera angle and to fool the most people.

REAL LIFE: In real life, women often need a good deal of time and stimulation to orgasm. They also need to be highly aroused. None of this happens in porn. Most women in real life who have orgasms during intercourse either need to stimulate their clitoris with their fingers while a partner is thrusting, or they need to grind their clitoris against their lover's pelvic bone. Also, couples who are making love in real life like to hug and feel each other's skin. In porn, skin-to-skin contact gets in the way of the camera's view of the woman's crotch.

REAL LIFE SOLUTION: Make sex about pleasure instead of orgasms. Never ask your partner if she came as a way of reassuring yourself that you are good in bed. Realize there will be times when she is more aroused by your brushing her hair than by intercourse.

#12. You Can See Everything and It's Insanely Intense!

Porndoggie: *Not only do they have more kinds of sex in porn, but you get to see it all up close. Really up close.*

ANALYSIS: The only thing porn has to turn you on with besides the sound track is what you can see with your eyes on a flat screen. So everything about porn needs to push the visual limits. The more extreme, the better.

REAL LIFE: People usually don't make love with banks of lights on and with their faces staring into each other's crotches the entire time.

Wait—It's a Baker's Dozen!

#13. No Condoms, Diseases or Periods in Porn!

Porndoggie: *Porn actors don't need to worry about sexually transmitted infections. Plus they never get pregnant except for preggo porn and lactating porn, and the women don't have periods.*

ANALYSIS: According to a study in the *Journal of Sexually Transmitted Infections*, the incidence of chlamydia and gonorrhea among porn actors is much greater than in the general population. Female porn actors are more likely to have more reinfections than other women, which is a concern given how reinfections can impact a woman's reproductive system. The porn industry does not require porn actors to have tests for most sexually transmitted infections.

REAL LIFE: Porn actors, like anyone who is having casual sex, should be wearing condoms. They also need to be just as concerned about birth control as anyone else. A big advantage in staying at home and watching porn is you don't need to worry about pregnancy and getting STIs. As for periods, they are a normal, healthy part of life. Porndoggie should read [Chapter 27. Surfing the Crimson Wave \(From Period Gear to Period Sex\)](#).

Final Porn Thoughts

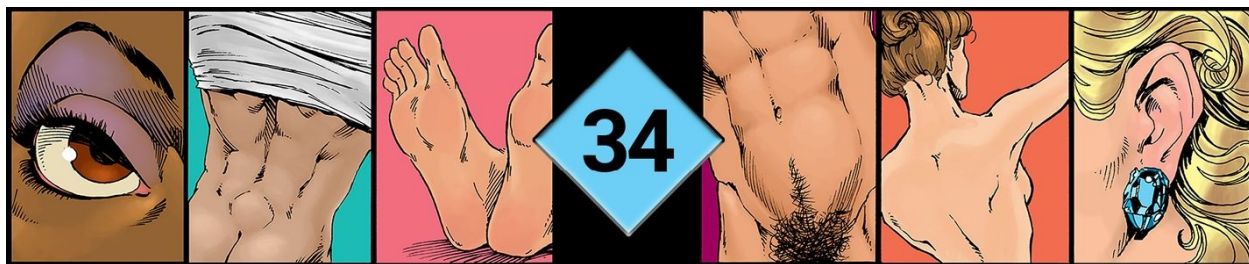
Watching porn can be fun, instructive, and hot. It can be a way to treat yourself when your partner is having her night out with her friends, or when you don't have a partner and it's just you and your fist. It can also be helpful to watch porn with a lover and have her tell you what parts she likes and what parts she doesn't like. But try to keep it in perspective, because it really is a much different experience than what happens when you are making love in real life.

Most people understand that sex in porn starts at third base, while in real life, you seldom get to third base until you've spent lots of time on first and second. Except for Porn doggie.

Recommended: If you are looking for a smart and thoughtful way to enjoy porn, be sure to read Dr. David Ley's book titled *Ethical Porn for Dicks: A Man's Guide to Responsible Viewing Pleasure*. David has a great mind and a good perspective on life. I've often asked him for advice with the *Guide To Getting It On*.



Tantra Porn



When Women Watch Porn

There are a lot of women who enjoy watching porn. Some like heterosexual porn, while others prefer different types of porn because, as one viewer stated, “Women in het porn are often portrayed as sex-crazed objects that exist for a man’s pleasure.”

There’s also the long held view among women that it’s okay for men to watch porn because that’s what men do, but it’s not okay for women. It’s more acceptable for women to look at the Photoshopped spreads of anorexic models in women’s magazines than to watch porn.

Whether you are a man or woman, it’s totally okay to watch porn. But there can be interesting differences between men and women in the kind of porn they watch and how they watch it.

Differences in the Ways Men and Women's Brains Process Porn

Men's and women's brains are made up of the same structures. But there are times when men and women use these structures differently. Consider the way we interpret facial expressions and body language.

When a man sees the face of a porn actress, he might be focused on her eyes or mouth. But a woman might be more focused on the expression on the face of the porn actress. She might wonder why the porn actress has the expression of a woman who is faking enjoyment or is trying to hide feelings of discomfort or pain.

When a man sees a porn actress's body during a sex scene, he might be thinking how sexy it looks, while a woman who sees the exact same scene might be more focused on the porn actress's body language, and how it seems like she's not fully engaged or involved with her partner. So a man might be noticing one aspect of a sex scene, while a woman might be noticing another.

There are also social issues that could impact men and women differently. When a man sees a porn actor being sexually aggressive with a porn actress, he could be focusing on how good she says it feels while a woman might be reminded of the power imbalance between men and women when it comes to sex.

There can be other aspects of porn that men and women process differently. For instance, when there's a close up between a porn actress's legs, a female viewer might focus on the porn actress's anus and not be turned on by it. Perhaps that's because feces aren't attractive to most people, and anuses are the portal through which feces enter the world. A male viewer might see the same scene and want to put his penis up the porn actress's anus. (One of the greatest advances in the human life span didn't come from the invention of antibiotics, but from the creation of sewer systems in large cities where people live in close proximity. So if women's brains are wired to be more sensitive to hygiene issues, that might not be such a bad thing for society.)

There are also dedicated parts of our brains that process visual input. They help us to link what we see with what we feel. It could be that sex hormones impact these parts of our brains and influence how sexually aroused we become

when we watch movies and videos. So some woman might find porn more arousing during ovulation when their sex hormones are at the highest levels.

What Women Who Like to Watch Gay Male Porn Have To Say

One of the world's most popular porn sites has begun releasing search engine data on the types of porn that male and female viewers watch. One of the most fascinating findings is the number of women who watch gay male porn. So researchers interviewed 275 women who like to watch gay male porn to find out why. The women's responses almost sound like a critique of what many women don't like about porn in general. Here's a summary of what they said:

■ The camera angles in straight porn are from the male partner's point of view. This forces viewers to have to look at sex from a man's perspective. Women have to deal with that often enough in real life. They say that gay porn is more from the perspective of both partners, so it's more comfortable for them to watch and enjoy.

■ In gay male porn, the man who is on the bottom (in the traditional woman's role) has an erection and gets to ejaculate. So he's not there solely for the pleasure of the guy on the top like women often are in straight porn. This makes it easier for women to enjoy what's being done to the guy on the bottom, because he's receiving as much pleasure as the man on top.

■ When women watch straight porn, some feel they are supposed to identify with the porn actresses. But porn actresses are often faking it or doing things women find to be distasteful. When women are watching gay male porn, they can identify with whichever partner they want, or simply enjoy the men's bodies and not have to identify with either partner.

■ The women said that straight porn usually just focuses on the penises of the male actors. So the men don't have much of a personality, and it's hard for women to feel turned on by them.

■ Since both partners in gay porn are men, the more aggressive partner isn't automatically given that position because he's male. So it can be more fun for women to watch rough sex in gay male porn, because it's all about the sex and not about gender roles.

■ The women who like seeing hot naked men said they get double their pleasure with gay male porn. And since there are no female actresses in gay male porn, the women don't need to feel jealous of their bodies.



Sorry--this is the other illustration we haven't colorized yet. Imagine that, watching porn in black and white!

From Our Sex Survey

In our own sex survey, we asked women: *Do you ever watch gay male porn? If so, what are some of the things you like about it when compared to heterosexual porn?* Here are the responses of the women who said they at least occasionally watch gay male porn.

"I've watched a bit of it. I like that the men are usually very well built and seeing two sexy men going at it together is a huge turn on. It's still quite taboo, so it feels naughty watching it which adds to the eroticism. I also like watching anal sex." *female age 25*

"Sometimes I'll chose gay porn over heterosexual porn. I like the penetration, the blow jobs, everything. I think it's awesome to see two people with similar body configuration know how to please each other." *female age 25*

"I like seeing the two actors push each other around a little without feeling scared for the girl if it were straight porn." *female age 23*

"It's not as 'fake' as heterosexual or lesbian porn." *female age 26*

"Two guys kissing is nicer plus maybe the more equal power balance is nice." *female age 26*

"I watched it as a teenager because it was arousing and didn't include women acting like children/teens for men." *female age 22*

"I like watching guys cum. Not necessarily gay guys, I just like watching them cum." *female age 50*

"I have a fetish for water sports, and it's more common in gay porn than straight. They also seem to be having a better time than in het porn." *female age 30*

"I like that it doesn't involve women being objectified. Even though it is

for the male gaze, it feels less dirty to watch. I also like that you can see if all the performers are hard.” *female age 22*

“It was the first porn I ever saw, so it still gets me pretty turned on. Mostly I like the fact that there’s no woman making fake sounds of arousal!” *female age 45*

“I watch some MMF bisexual porn and that’s not too bad. There’s something about two guys getting it on is so hot when it is not forced like it typically is in porn.” *female age 22*

“I especially like the intensity of how the men react. In straight porn the men don’t always react very audibly or expressively.” *female age 46*

“I like gay porn, but on mute or in brief GIF animations. The actors seem more equal (e.g. a bottom is a totally different empowered beast than most women in porn; there’s less of the submissive porn chick shit that is depreciating to women); and I can relate to fucking men more than women. I also prefer M/M romance over heterosexual romance, even though my relationships are with men.” *female age 37*

GIFs (MicroPorn) and Tumblr Blogs

Some women who watch porn prefer to watch brief video clips or animations called GIFs. These only last for a few seconds and keep repeating. These brief videos are often highly explicit, but since they only last for a few seconds before repeating, a woman can make sure that each frame turns her on. For instance, not many women are turned on by men coming on their faces or by men suddenly ramming their penises up women's rear ends. So women and couples can create their own GIFs that show only the parts of porn they find arousing.

This is where Tumblr comes into play. A number of couples have Tumblrs where they post images and GIFs of themselves having sex. The focus is often on men giving women sexual pleasure. Some sites have dozens of GIFs that a woman can visually immerse herself in, or she can keep watching a specific GIF while masturbating or getting herself in the mood for partner sex. Or a couple can watch them together.

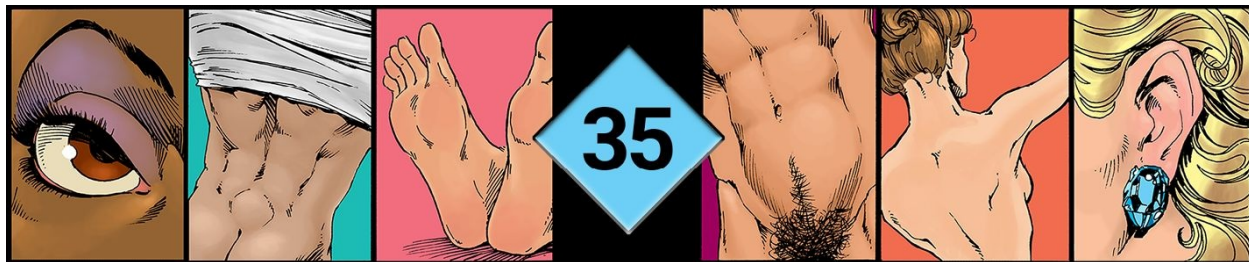
Women-friendly Tumblr blogs are far outnumbered by Tumblrs with clips from mainstream porn. But with searching enough effort, Tumblr blogs can be a great source for women friendly porn. There are also websites that include women friendly porn.

Lesbian Porn

There is plenty of lesbian action in mainstream heterosexual porn. The only problem is that much of it has little to do with women giving women sexual pleasure. Instead, it's made to appeal to straight men. As a result, much of the lesbian porn isn't really lesbian porn, but the invention of the people who produce and direct straight male porn.

So if you are a woman who likes to watch lesbian porn, you already know that some sites claiming to have girl-on-girl action aren't the best, and you need to search for the sites that work for you.

A Big Thanks! to brain researcher Adam Safron and to Lucy Melville for her "Male gays in the female gaze: women who watch m/m pornography" in *Porn Studies* Vol 2, 2015.



How the Internet Killed the Plumber in Porn

There used to be a saying about porn and plumbers: “Porn paints an unrealistic picture of how quickly you can get a plumber to your house.” Most people over the age of forty get the joke. Yet few teenagers understand what’s funny about this, and it’s not because they don’t watch porn.

There’s no room for fantasies or foreplay in today’s mainstream porn. Instead, there’s a nearly infinite supply of free videos with frame after frame of highly explicit sex. Today’s porn viewers would click to another site if they had to watch a fully clothed woman pretending not to notice the bulge in her plumber’s pants. Just like *Video Killed the Radio Star* — the Internet killed the plumber in porn.

Parents need to understand this because porn is how their children are learning about sex. Many of today’s male college students tell us they saw their first porn between the ages of eight and twelve. Not only have parents been preempted from telling their children about the birds and the bees, but their kids are being sold on the idea that sex happens instantly, with no playfulness, discussion, or intimacy.

So it’s important for parents to talk to their children about porn. That’s because watching porn is a very different experience for children than watching movies or playing video games. Kids can usually understand that movies and video games are entertainment rather than actual fact. When children watch the *Fast and Furious* movies, they can tell there’s a difference between the way the actors drive and how their parents drive in real life.

When kids are first watching shows where people are killed, they usually have parents or siblings to tell them “They’re just actors, and that’s not real blood.” This is not the case with porn. There’s no parent standing over the shoulder of an eight-year-old saying “Men don’t usually ejaculate in women’s faces” or “That woman isn’t screaming in pain, although I would be if someone did that to me.”

To children, porn seems like a documentary of how sex is supposed to be. So one of the first things parents need to tell their children from the time they enter middle school is “Porn is not real. Sex in porn is edited to make it look real, but sex happens differently in life.” If your kid wants to continue the conversation, great. If not, leave it until next time when you tell them the same thing again. And if your child stares at you blankly or nervously dismisses you by saying “I know that!” nod in quiet agreement, but don’t let that dissuade you from bringing it up at another time.

Parents should explain that sex in real life is usually part of a relationship or a friendship. Tell them sex is just as much about hugging, kissing, back rubs and giggling as it is about anything that’s going on between their legs. And you cannot remind children enough about the importance of conversation, kindness, romance and respect when it comes to sex. These are qualities they seldom see in porn.

Never ask your children if they watch porn; this will cause unnecessary embarrassment and denials. Just say “A lot of people watch porn, and they don’t realize that sex in porn is way different than sex in real life.” By not shaming your kids or lecturing them, you are letting them know it’s okay to talk to you about sex.

Porn actresses often make being degraded look sexy. They also make it appear that women have a voracious appetite for sex the moment a man wants it, without conversation, consent or condoms. Women in porn do whatever the men want, no matter how bizarre.

In today’s middle-schools and high-schools, there is often pressure for girls to act like porn stars, and it’s not unusual for girls to send boys naked pics. Talk to your teens about how the quest for popularity and the desire to be wanted is fraught with as many perils as rewards. Help them to form a strategy for reaching their social goals without having to sext their way to the front of the line.

Plenty of boys watch porn on their phones during class or at lunch, and too many of their conversations with girls are straight from the pages of porn. Most teachers and administrators turn a blind eye or offer hollow reprimands. It has become too prevalent for the schools to police. If your daughter feels

uncomfortable about the conversations at school, don't assume she's being overly sensitive or that it's the usual boy boasting that's gone on since time began. It's different now. And tell your sons not to watch porn at school or to use language that's sexually disrespectful.

Parents should also be aware of how often Viagra is used in porn. This allows males in today's porn to achieve hydraulic perfection. There isn't any failure, hesitation, or "Oops..." So parents should let their children know that sex in real life is full of awkward and imperfect moments, that a sense of humor is what makes sex and relationships work, and that people with average-sized body parts don't get cast in porn. In our sex survey of more than 10,000 men and women, few have complained about the size, appearance or function of their partner's genitals. Yet from watching porn, you would think that's the only thing that matters.

Also, remind your children that it's perfectly normal to have sexual feelings, but that there's no rush to have sex or to even think about it if they don't want to. Try to be a nonjudgmental voice of moderation in a world that is far more sexualized for children than most parents know.

Hysteria about Sexual Predators Online

Much of what parents hear regarding their kids and the Internet focuses on sexual predators. Yet your teenage daughter is at much greater risk from the influence of the fry cook who she works with at Burger King than she is online. And if your child is going to be molested, in 9-out-of-10 cases it will be done by someone you personally know. You have more to fear from your relatives, baby sitter, neighbors, or the people you might be dating. Far less than 1-in-100 cases of child abuse happen through a predator on the Internet.

As for risk reduction, my wife worked in the juvenile-justice system with teenagers. She'll tell you about a problem that is a million times more immediate for most kids than weirdness on the Internet. It's when teenage girls go to the beach, river, park, or to some unknown house with boys and get high on alcohol and prescription drugs. She's seen case after case of this, and she says the number of young girls who are in trouble with alcohol has skyrocketed. These are girls with good grades from good homes who get into cars with guys who they've never met. So if you are trying to get your harm-reduction priorities straight, drinking and drugs should be at the top of the list.

This doesn't mean you shouldn't be hyper-vigilant about what your kids do on the Internet. It just means that if you are concerned about harm reduction, there are bigger fish to fry in most kid's lives than what they face online.

Sexting, “Send Me a Hot Pic,” and Dic Pics

Consider the following words from the mom of a teenage boy. She has full access to his texts and emails. She says all he has to do is text “send me a pic” and “he gets a picture of a girl topless or holding a teddy bear over her breasts, and he’ll be like, ‘Mom, can you believe this? I just asked her for a pic, and look what she sent.’”

As for your teenage sons, let them know there are district attorneys who are not what we would call enlightened, especially if the dad of the daughter who ends up with your son’s penis on her phone contacts the police, or someone finds the naked pic of an underage girl on your son’s phone. If someone sends a naked pic of a classmate who is under 18 to your child, tell him to delete it immediately and to never, ever resend it.

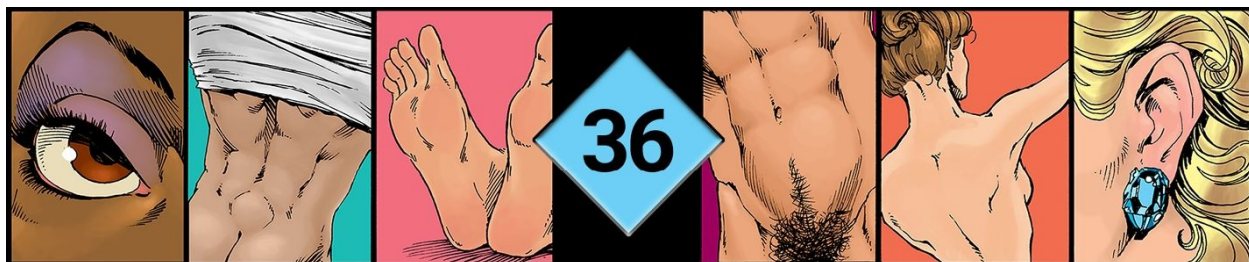
Porn in Perspective

Once your kids get to be preteens, you are not going to stop them from seeing porn. Most teenage boys (as well as their fathers) masturbate while watching porn or soon after. Porn is as much a part of male masturbation as tissue and lotion. This is not going to change, and parents shouldn't try to shame their children. Instead, they need to help educate them that sex in porn is as different from sex in real life as the freighters in Star Trek are from airplanes today.

Also be aware that millions of girls and women enjoy watching porn. The porn they watch might sometimes appear more realistic, like on some of the Tumblr blogs where real life couples post pics and videos of themselves having sex. Or maybe they will watch GIF animations, where the action is repeated and there is less chance of the woman being degraded. But the idea that it's just men and boys who watch porn is not correct.

A final thing to keep in mind is that while sex in the movies and on television is seldom as explicit as porn, it often gives the idea that sex happens magically or automatically, just like porn does. Let your kids know that having a satisfying sexual relationship takes way more work in real life than they usually show on TV.

LGBT NOTE: The Internet can be a lifesaver for the isolated gay or transgender teen. There are wonderful resources for LGBT youth online, and while gay and transgender porn is as unrealistic as straight porn, it can be an important validator that it's okay "to be different."



Bye Bye V-Card—Losing Your Virginity

There is more information in this chapter than you probably need if it's your first time. The trouble in leaving out parts is while they may not apply to you, they might be important for someone else.

Keep in mind that couples can become VERY pregnant from their first time, even if they are doing it when a woman is having her period. For a brief legal reminder: If you are under 18, you may be breaking some of your state's laws if you have sex. And regardless of your age, please read [Chapter 18. Consent](#). Now, for the fun part.

The Importance of Having a Good First Time

When people have a lousy first time, it tends to negatively color the sex they will be having for the next few years. It's as if the bar gets set so low they don't expect sex to be any better. So taking charge of your first time and trying to make it a good experience is in your best interest for now and for the years to come.

The Realities of a Girl's First Time vs A Boy's First Time

Here are some things that would be good to discuss with your partner before the two of you have intercourse:

By the time most boys lose their virginity, they've had a few years of masturbating under their belt. Most will know what an orgasm feels like. Girls, on the other hand, aren't encouraged to explore their bodies. Few girls will have masturbated before their first time, so not many will know what an orgasm is. Nor will their bodies have experienced anything inside of it. A tampon, maybe, but the chances are good partner's penis will feel different than a tampon; and hopefully it won't have a string attached.

What this means is that unless a girl has a favorite dildo, her vagina will undergo more changes during her first time than her partner's penis will. This doesn't need to be a negative, it's just different.

Another thing is that for most guys, the only lovemaking education they've had is from watching porn. Porn actors will be the first to tell you that porn was never meant to be used for sex education or as a model for having sex, whether it's your first time or not. Porn never shows couples talking about what they want to do. It never shows them discussing what feels good and what doesn't. Most of the guys in porn take boner drugs and the women do things for the camera that they don't necessarily do at home. Everything is magic in porn and everyone pretends to have great sex all of the time.

Couples in real life spend way more time kissing and caressing before they have intercourse than porn actors do. Real-life couples can enjoy each other's bodies from head to toe instead of focusing on each other's genitals. And the last thing a first-time couple should ever attempt is a hard pounding fuck like they do in porn. Easy does it is the way to go. You've got plenty of years ahead to have sex like a porn star, assuming you would want to. For now it's about being tender and loving.

Preparing Ahead for a Most-Excellent Journey

“It was very hard to do, but I waited until I was 18 to have intercourse. It was with a guy who cared deeply about me, which made my first experience very fun and comfortable.” *female age 36*

Most people’s first time is unplanned and more awkward than it needs to be. Hopefully, you will make it a time you can remember with fondness—the beginning of a most excellent journey.

In Addition to This Chapter

If you'd like more information about intercourse, check out [Chapter 26. Intercourse: Horizontal Jogging](#). But for your first time, you'll want to keep it simple because there are different priorities. Reading this Guide's chapters on romance, [kissing](#), [handjobs](#), [finger fucking](#), and [oral sex](#) will put you years ahead of the game.

Who To Do It With Your First Time

Not many of us are still with the person who we lost our virginity to. While we might have been in love with them at the time, our perspectives and romantic interests will often change.

“I would have waited until I was in college. I would have saved myself years of painful, uncomfortable, inexperienced and hurried sex. And while it just felt good to be close to the guy, I realize that I haven’t thought of him in years. Girls, you ain’t missing nothing!” *female age 32*

Think about the difference between a crush and a friend. A friend usually has to earn your trust and respect, while a crush automatically gets it because of the way he or she looks or acts. The chances are good you will still have your friends in a year’s time, but you will probably have blown through your current crush and you might even gag at the mere thought of the person.

This isn’t to say you should ruin a good friendship by having sex with a friend instead of with a romantic interest. But worse things have happened. At least try to make sure your first lovemaking partner is someone who has the qualities of a friend, and he or she is not someone who pressured you to have intercourse.

Doing It Sober

Please, don't do it your first time drunk or stoned. While this is often how it happens, every survey on first-time intercourse is chuck full of sad stories from virgins who did it drunk. Couples who do it sober will often have a better and more satisfying time.

Advice for Girls

This part of the chapter is written mostly for women. (Hopefully, guys will read it as well.) One of the keys to having good sex is knowing your body well enough to be able to say “That feels good” or “Let’s try something else” in a way that a lover can understand. This is a skill that can take years to perfect. Women who have had sex countless times keep discovering new things about their bodies. So consider yourself at the start of an exciting journey that will last for much of your life.

Girls who masturbate might have a bit of an advantage their first time, but if you haven’t masturbated before, not to worry. Do try to feel inside your vagina before you have intercourse for your first time. Wash your hands and get some water-based sex lube or use your own spit. Saliva is water-based and can work well if you don’t have sex lube.

When you’ve got at least a half-hour to yourself (good luck!), or when you are tucked under the covers in bed, start exploring up and down your body with your fingertips. Spend some extra time on your neck and chest and on the area from your navel to your knees. If it makes it more fun, pretend it’s a partner’s fingers instead of your own. Once your fingers have explored up and down your body for at least ten or fifteen minutes, you might start to focus on the area between your legs. Let your fingertips glide up and down and around your genitals.

While one hand is exploring between your legs, there’s nothing that says your other hand has to be tied to your side. At the very least, see what it’s like resting it on one of your breasts. When you think it’s time to venture inside, get a finger good and wet. Slowly inch it inside your vagina. The emphasis should be on “slowly.” You want to feel what your finger is feeling, as well as what your vagina is feeling.

At this point, some girls will want to put their finger in farther; others might be feeling a little overwhelmed, especially if they’ve been raised in a household that was not safe or supportive of their sexual growth. If you are in the “go for it!” group, let your finger keep going. Remember to be asking yourself what your vagina is feeling. If you are so inclined, you might try adding a second

finger. Given how penises are wider than a single finger, two fingers is a nice goal.

If you are in the group who is starting to feel like enough is enough, then this is a good place to stop. Just letting yourself go this far is a really important step. If you can, try to go a bit farther next time, but don't be discouraged if you hit a personal wall. Maybe it would be easier to ask a partner to explore you with his fingers, but only if he knows the difference between exploring with his fingers and his penis!

Don't assume your partner is going to have a clue where the opening of your vagina is. Whether he's your first partner or tenth, be ready to help guide his penis in, unless you don't mind if it accidentally ends up in your belly button or rear end. So if and when you feel ready, you might practice guiding a tampon or small tube-like vibrator or dildo into your vagina when you are lying on your back. Also practice doing this when you are squatting, as if you were in a girl-on-top position.

If all of this seems overwhelming, maybe it's not the right time in your life to be having intercourse. There are other ways you and a partner can enjoy yourselves sexually without a penis going in your vagina.

The Importance of Feeling Sexually Aroused

A lot of guys would be happy if a partner grabbed their penis and started playing with it. But women don't always do as well with surprise dives for their crotch. Women's genitals do way better if they are highly aroused before a partner touches them.

When a woman is aroused, her genitals expand as much as a penis does. This includes blood flowing into the area around the vagina so it straightens out and puffs up more. This will help make it ready for an incoming penis and it will help intercourse feel better.

Being aroused changes how contact with your clitoris will feel. Touching or kissing a clitoris might be painful if a woman isn't aroused, but it can feel exquisite after she becomes highly aroused. It can take twenty minutes or more of kissing and caressing before a partner should reach between a woman's legs. That's way more time than they show in porn, and it's usually way more time than it takes a guy to get hard.

Hymens Don't Pop

Most women who have taken our sex survey did not experience bleeding during their first intercourse. Nor did their hymens (or cherry) pop. It's a myth that hymens are supposed to pop or tear their first time. To understand more about this, please read [Chapter 13. The Hymen](#).

During their first intercourse, some women don't feel a thing hymen-wise, others feel a stretching or a sting, and some feel a level of pain that you might when you get your ears pierced, or worse. But if you do the exercises with your fingers ahead of time, the chances are good you won't feel pain. If you do, tell your partner to stop.

If you are getting a gynecological exam before your first intercourse, ask your gynecologist if your hymen has become stretchy enough for intercourse. If not, your gynecologist can give you some estrogen cream that you can rub on it which will help it become more elastic.

Now, for advice for members of both sexes!

Pillows and Lube

Two accessories that might really help with your first time are lube and pillows. You have no idea how much a carefully placed pillow under a woman's rear end can help with the angle of penetration and with her ability to spread her legs. This can allow her to better relax her legs and her vaginal muscles. As for lube, put a few drops on the penis and a few drops in the opening of the vagina and you are good to go. If you don't have lube, spit can help. Just make sure things aren't dry when you try to have intercourse.

Putting It In Your First Time

The finest GPS in the world won't help a guy with this one, and it doesn't matter how much porn he's watched. Guiding a penis into a vagina can be a challenge whether it's your first time or fiftieth. In [Chapter 26. Intercourse: Horizontal Jogging](#), some really experienced men admit to still needing their girlfriend or wife to guide it in.

Asking for a hand (or fingers) isn't a sign of being dumb or a dork. It means a man is smart enough to know when to seek help. Otherwise, he can cause his partner unnecessary pain and himself unnecessary embarrassment. On the other hand, not all women are able to be helpful in guiding a penis into a vaginal opening. Perhaps some playful fingering ahead of time will help both of you figure this one out.

Go Slow, Do Not Ram a Penis In, and Don't Start Thrusting

After you've made out for a long time and are ready for intercourse, start with the head of the penis gently pushing against the bottom of the woman's labia or lips. (It can be very helpful if she separates her labia and guides his penis to her vaginal opening.) If she's okay with the head of his penis pushing against the opening of her vagina, he should ease it in a bit more.

Once the penis is all the way inside of her vagina, just keep it there—don't start thrusting. This is the first time the woman has ever had a penis in her vagina. She should spend as much time as she needs adjusting to it being inside before there's any thrusting. This can be the most important moment of your first intercourse. It will be the only "first stroke" that either of you will have in your entire lives. Stop and savor it. Once you start thrusting, go slow unless she says otherwise.

Also, a nice sensation can result if the guy pushes his pelvic bone against her clitoris when his penis is all the way in. He might try doing a slow up and down or circular motion with his hips. Hopefully she can guide him with her words or hands on the sides of his butt.

The Best Position for Your First Time

Your first time is no time to get fancy. Go with the old-fashion missionary position where she is on her back and you are on top. There's plenty of time later for her to be on top. Missionary is better for the first couple of times. For many couples, it's their go-to position.

Where to Do It

“Our favorite place was on the floor in the room over my parent’s garage when they were out somewhere. When the garage-door motor clicked on and started vibrating the floor we had just enough time to finish, clean up, button up, and act natural before my parents walked in.” *male age 26*

For your first time, a quiet, familiar and comfortable setting is best. But finding a private unhassled location can be a challenge any time you have sex. Ideally, find a time and place when roommates, friends or parents won’t be barging in. And please don’t do it your first time in a spare room at a party. You might not care now, but maybe you will in a few years. Thinking back over that could be a big regret.

Once you have lots of experience under your belt, exotic locations are fine places to have sex. But for now, safe and familiar is best. If you try it in a bathtub or hot tub, chances are good the water will wash away your natural lubricant. If you do it on a beach, the sand will find its way inside the woman’s vagina.

Make Time for Afterward

The time you spend together after your first intercourse can be as important as the time during and before. So don't try to do the deed minutes before your team bus is leaving for the state finals or when your parents have made a quick trip to the store. Spend time together afterward and be aware of each other's emotions. Maybe you'll want to hold each other, or maybe you'll want to run downstairs and raid the refrigerator. Hopefully you won't feel the need to text your friends before the condom is barely off.

You can't predict how you will feel afterward. Perhaps you will be relieved, maybe happy, disappointed or sad. Perhaps you'll feel extra close to your partner, or maybe you'll feel alone and isolated. That probably depends more on the quality of your relationship than anything else. Allow for a full range of possibilities and the time to experience them in the hours and days that follow.

No Time for Sex Toys

If you are so inclined, there's plenty of time in the future to bring out your private stock of dildos, cuffs, and strap-ons. But when it's your first time, it's best to stick to the lovemaking basics.

The one exception might be a vibrator, assuming the woman already uses one and enjoys it. It could be helpful for her to get herself off right before you try intercourse. This can help her relax and it might help her first intercourse feel really nice. Perhaps her partner can hold her as she's using the vibrator, but not even experienced couples are able to pull that off particularly well, let alone first-time couples.

If He Comes Really Fast

Some of us guys can come pretty quickly the first couple of times. Some of us don't even get a penis inside before blowing a wad. Anxiety can do that, and there's nothing wrong with being anxious.

Coming quickly might not be such a bad thing at the start. When a woman hasn't had a penis in her vagina before, there will be some rearranging and familiarizing that needs to go on inside of her pelvis. So less thrusting might be better than more. It might even be that nature intended for first-time males to launch early—to spare first-time women from getting more of a workout than their vaginas are ready for.

Advice for Guys

Look over the following advice that our female readers have for women who are doing it for the first time:

“Make him go slowly and be sure that you are aroused sufficiently before you let him enter you because it will probably be a little uncomfortable the first time. If he rushes, it will hurt and you won’t enjoy it at all.” *female age 35*

“Make sure you really want it and it’s not about being pressured. Masturbate together first. Be comfortable together. My first time was painful and humiliating; there’s got to be a better way. *female age 38*

“Have him read the *Guide To Getting It On* first!” *female age 30*

Men who are virgins can be at a disadvantage their first time if they don’t have the courage to admit they haven’t done it before. Instead of being honest, guys have a tendency to fake like they know what they’re doing. Hopefully, readers of this book won’t be so silly.

Your first time can be special and sweet, but not if you need to pretend that you know what you are doing when you don’t. Here are a few tips for males who are about to make their maiden voyage, or voyage in their maiden:

During Intercourse: If you are on top, she’ll want to feel some of your weight on her, but not the full nine yards. So use your arms, elbows and knees to support yourself and thrust with your hips. Not to worry, you’ll eventually get the hang of it. Even your dad did!

Your Lips: You will be hard-pressed to find a single woman who wouldn’t enjoy it if her lover planted some tender, gentle kisses on her neck or lips before his penis gets to know her vagina as well as during.

Porn: What makes sex work in a relationship and what makes it work in porn are two very different things. In porn, the camera abhors a tender and loving touch. It comes across as being boring. In real life, tenderness rules. The two of you have plenty of time to explore having rougher sex if that’s what both of you want. But not your first couple of times.

Oral Anyone? In some situations, it makes perfect sense to go down on your

partner before intercourse. In other situations, this would be too overwhelming for her. The two of you need to decide together.

Erections #1: Not to worry if your erection is flaky. Chances are it's never been under this kind of stress. Keep kissing, laughing or feeling each other up. If you do what's described in the other chapters of this book, she'll be having so much fun she might forget all about your penis.

Erections #2: Guys sometimes rush because are worried they will lose their hard-on. If it goes flat, it goes flat. It's far more important that you take your time and offer lots of kissing, touching, and more kissing. The goal of sex is to share pleasure, fun and intimacy. You don't need an erection or intercourse to do that.

If You Can't Come: It's not unusual to come quickly your first time. However, some guys aren't able to come at all. If it seems like you can't come, ask her to tell you when she feels like she's had enough thrusting. Either way, if you come too soon or not at all, don't stress it. This is about the two of you enjoying each other, not about coming.

Practicing with Condoms—Preparing For Your First Time

Unless you've really got it together and have been to Planned Parenthood, condoms will probably be your default method of birth control. If you are a guy, try to get a stash of condoms and water-based lube ahead of time. Condoms come in different sizes and shapes. It's a really good idea to get a sampler pack of different condoms to find which brands fit your penis best.

Practice putting on a condom and jerking off with it on for at least a couple of days before your first time. Here are some goals:

Learn how to manipulate the condom by feel alone, as you'll often be putting it on in the dark. One of the biggest time-killers in putting on a condom is determining which way the material rolls out. Pull the tip of the condom from the center of the ring in a way that allows the ring of material to easily roll down your penis. (There are about a hundred videos on YouTube of men putting on condoms. For some reason, guys who are really well hung love doing YouTube videos that show the world how to put on a condom.)

After you've got the condom on, run warm water over your hand so it will feel warmer, like your partner's body will be. Then lube your hand up and start thrusting your penis into your hand. See what it's like to thrust with your hips into your lubed hand. This will give you a better sense of the condom's road-handling abilities.

Keep thrusting until you've blown a wad. Then pay close attention to what happens to your penis. If you are like most men, it will start to shrink. This is why you need to crimp the bottom of the condom around the base of your penis as soon as you come. Otherwise, the condom will slip off. If you keep thrusting you will push the condom inside your partner's vagina.

Semen will soon start running out the end of a condom after you take it off. This is why men who know what they are doing will tie off the end of a condom soon after they take it off. Just make a knot in the lower half of the condom.

If you are a woman, get extra condoms and try putting one on something penis-shaped. Learn how to open the package in the dark and how to roll it on, leaving a bit at the end with no air in it if that's what the instructions tell you to do. Also, try to get the morning-after emergency birth control pill in advance.

That way, if a condom breaks or comes off before it's supposed to or you forget to bring condoms, you'll have a better chance of preventing an unwanted pregnancy.

If you find yourself having intercourse without birth control or condoms, the guy needs to pull out before he comes. This is called withdrawal. It's where a man pulls his penis out of a woman's vagina before he ejaculates and strokes himself until he comes. This will hopefully keep his sperm outside of his partner's vagina. While withdrawal is not the best method of birth control, it's way better than doing nothing.

Why It's Okay for Guys to Be Nervous Besides the Obvious

If you're a first-time guy, your orgasms during intercourse might not feel as intense as when you are jerking off. After all, how many times has your penis been in your hand versus the number of times it's been in a vagina? When you masturbate, your fingers are focused on the part of your penis that helps get you off. Vaginas don't have fingers. Also, when you are masturbating, the sole point of contact is your hand gripping your penis. It's way different with partnersex, because your whole body is feeling her whole body.

You've probably never had an orgasm while supporting your body's weight on your arms or elbows. You will become very used to this, but your body will need a few times to figure it out. And if you want to porn like most guys do, this is the first time you'll be staring into a partner's eyes when you are getting off instead of up a porn actress's crotch. So it takes time and experience to put lovemaking together in a way that beats beating off.

Even if it doesn't end up being your best orgasm, more than 80% of males still come their first time, where it's less than 15% for girls. This is why it's important to become the best lover you can possibly be. You want your partners to enjoy sex and to value having sex with you.

If The Sex Wasn't Mind-Blowing...

“Relax and don't expect it to be like the romance novels.” *female age 32*

“Be choosy. Take your time. Touch and explore everything.” *female age 36*

Who knows what makes for mind-blowing sex, but don't be disappointed if it doesn't happen your first time. If you are thinking that finally having sex will change your life or transform your relationship, it probably won't unless the two of you get pregnant or end up with a sexually transmitted infection. If having sex ends up being special or helps the two of you become closer, it will be because of the things you bring to it as a couple, and what you do with it going forward.

If You've Waited until Marriage

The average reader of *The Guide* is not necessarily the kind who waits until the first night of marriage for sex, so it's not like we have a huge data-base of advice to pass on. But if you think about how stressful a wedding and reception can be, the night of your wedding might not be the best time to make it your first time. Maybe if you cuddle together and get some sleep, and make the next day all about your first time. Then again, all that adrenaline might be just the ticket! Talk it over ahead of time.

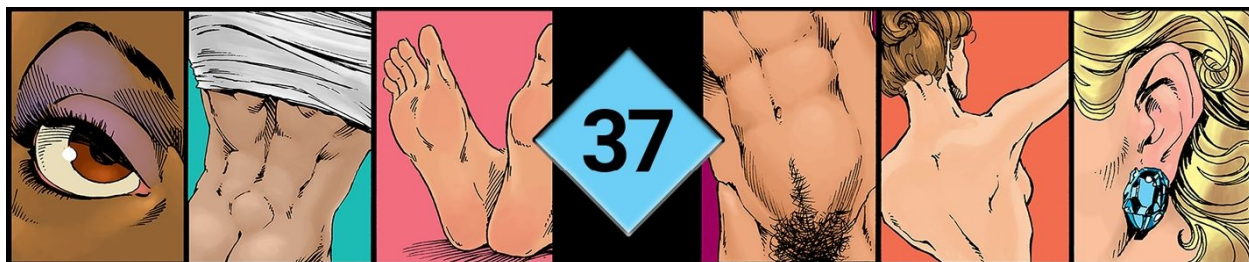
16 vs 26

Plenty of people don't lose their virginity until they are in their twenties. The nice thing about waiting is that you tend to be more sensible about it and you will often have a better experience. Many of the late-bloomers we have heard from say it's a much better experience. The following is from a reader who didn't lose her virginity until she was well into her twenties:

"I was surprised at how tricky losing my virginity proved to be. The first couple of times my boyfriend and I tried, my vaginal muscles were very tight and penetration was painful. So we slowed down and tried other ways of loosening the muscles (fingers, a vibrator, etc.), I visited the ob-gyn to make sure nothing was wrong (there wasn't), and we waited for a night when I was nice and relaxed. The first couple of times we successfully had intercourse were amazing—I felt a bit of pain with initial penetration, but once my body got accustomed to him the physical sensation was wonderful, and we had a lot of fun trying different positions and experimenting with what felt good!"

No matter how old you are, hopefully you can plan ahead and make your first time a good time.

A Very Special Thanks to Angela Hoffman for advice and help; to Carrie Veronica Smith, University of Mississippi, to Chris, a contented average dude from Canada; to Figleaf; and to Dayna Henry and her students at Indiana.



Sex When You Move Back Home

Dear Paul,

I just graduated from college and had to move back home with my parents. Everyone says I need to get on with the next phase of my life, but I have no clue what that should be. I'm so depressed I don't even want to have sex. But if I did, I still wouldn't feel comfortable bringing a woman home to have sex here. I feel like I'm eleven instead of twenty two. Do you have any advice? –Mike from Manitoba

Dear Mike,

Like you, I moved back home with my parents after five years as an undergrad. I was depressed, dejected and had no clue what the future would bring. During my years at college, I had not been lacking in initiative. I had ducked tear gas canisters from antiwar riots on my way to class and I'd worked long shifts in a mental hospital at night. I'd coached a winning woman's football team and had been on the staff in the dorms.

Yet when I moved back home with my parents, I had no idea how to be an adult in their household. I quickly returned to being the same son that I was when I was in high school. It wasn't until years later, after my dad became old and started to get dementia, that I could be the same adult in his presence that I was in the rest of my life. And it wasn't until my mom could no longer manage on her own that I learned to be an adult in her presence.

I don't envy the task you have in changing your family dynamics. I totally sucked at it myself, and I understand how challenging it can be when the structure and safety net of college disappears. So I wrote this chapter for you, to help while you are ending one stage of your life and trying to begin another.

From Rusty Parent-Child Dynamics to Squeaky Bed Springs

If you want to have a normal sex life when living in your parent's home, you'll need to act like an adult. That's how parents begin to accept their children as sexual beings with sexual needs. Even if your parent-child dynamics get rearranged in all the right ways, you still might not feel comfortable having sex in your old room. And your parents might not feel comfortable when the child they used to read *Goodnight Moon* to is having sex with a lover whose name they hardly know.

Boomer-What?

The media has invented the term “boomerang generation” to describe former college students who move back home. This is misleading, because when you toss a boomerang it comes back the same as when it left. That’s not true for someone who left home at eighteen and comes back after years of answering to no one. Worse yet, before you left, it was as much your house as your parents. And when you had friends over, it was usually just friends and not someone you were going to have sex with, or not someone your parents knew you were having sex with. Expectations are different and adjustments must be made.

You're Not the Only One Who Likes to Walk Around Naked

If you were an only child or the last of your siblings to leave home, your parents have now had a couple of years to walk around naked, get stoned or drunk, have sex in the kitchen and learn to cherish their privacy. (Where do you think your “walk-around-naked” and “I’m horny, let’s fuck now!” genes came from?)

Returning home might force your parents to give up some hard-earned freedom. Be sensitive to this and try to appreciate that they didn’t have to let you move back home.

Making Yourself a Grown-Up in Your Parents' Eyes

One way to be a responsible adult is to help pay your share of the expenses. But you probably wouldn't be moving back home if you could do that. So the next best thing is to ask your parents what you can do around the house to help. It may be that your parents will never agree to you having sex with a partner in their home. But the way to give yourself the best chance is to be responsible and helpful:

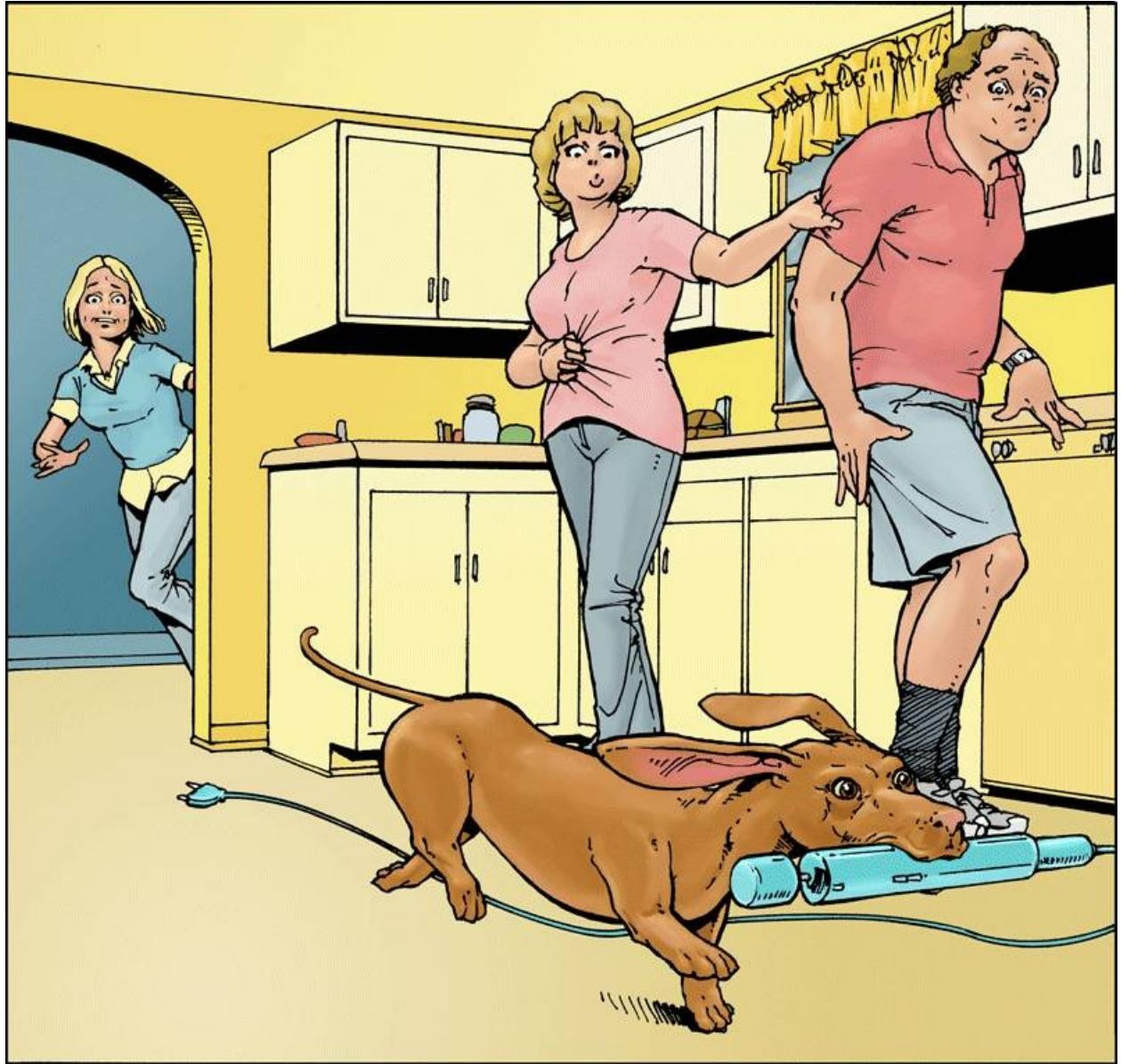
- Help do the shopping.
- Cook and do the dishes or clean the house and do the wash.
- Be a work-out partner for unmotivated parents.
- Garden, paint, run errands, and chauffeur siblings.
- Do the bookkeeping for your parent's business, fix their website, or program their electronics and remotes.
- Detail the car or help tutor a younger sibling.
- Help with your grandparents.

Doing Yourself No Harm

The moment your parents have to start nagging you, you suddenly return to middle-school in their eyes. Middle school—wasn't that when sex meant your hand in your pants?

Statements like “Oh crap, I forgot to take out the garbage” or “Sorry, mom, I forgot to pick up Davy from baseball practice” will not cut it if you are trying to earn grown-up privileges. Being reliable will probably increase your standing in the eyes of your sex partners as well.

Keep your parents updated about your plans and goals. Even if your chances of winning the lottery are better than landing a job, keep your family in the loop. It can be easy to lose hope. Just making the effort to fake it can be important in making progress or moving forward.



Hot Water and Bandwidth – Two Things You Should Never Hog

Even if you've always taken a shower the first thing in the morning, you don't want your mom or dad taking a cold shower because you've moved back home. Nor does it matter if your younger brother drains every drop of hot water while jerking off in the shower. It's unlikely he gets to have a lover spend the night.

What's true for hot water is also true for Internet bandwidth. Don't be downloading porn when your mom wants to watch a show on Hulu or your sister is streaming a movie. And as much as it might annoy you to cede bandwidth to younger siblings, it will not help your cause if they go whining to your mom or dad about how you are hogging the DSL. (They will tell your parents you are watching porn, even if you aren't.)

Having Friends Over Now vs. Then

It's one thing if your parents offer your friends beer or wine, but your friends offering your parents alcohol or drugs might not go over so well. If your friends walk into your parents' home flashing twelve-packs of beer, it's no different than a terrorist walking into an airport with a bomb. Double that if your friends bring acid, 'shrooms, hash, pills, anything leafy, white, powdery or cause for surveillance by the feds.

Even if it's totally fine with your parents that you are having friends over, it's wise to ask ahead of time. It's different now than when you were in high school and your friends would crash at your place.

Social Before Sexual

When you were living on your own and you met someone new, you might have ended up at their place or yours for a night of sex. This doesn't work so well when you're living with your mom and dad. Meet a potential new lover for coffee, lunch, or a movie, sporting event, or museum. You won't believe how much you'll find out about a person when you are both sober and your clothes are on.

If you decide sex is a good next move, try making your first time at their place or at a hotel. Some hotels have a special day rate for this exact thing. They are known as hot-sheet hotels. Then, if you decide it's not going anywhere, you won't have to cash in one of your "here's-the-latest-person-I'm-sleeping-with" chips with your mom and dad. And if your new lover is a keeper but screams with wild abandon while having orgasms, you can discuss this before making love in your parents' home.

If your parents pester you mercilessly about meeting your new hookup, tell them you haven't decided if he or she is family worthy. Plus, if your family is a bit odd, delaying a bit avoids scaring away a perfectly good lover before he or she is more invested in you and is more likely to weather your family's unique habits.

Sharing Date Drama With Your Mama

It's one thing to be living hundreds of miles away from your mom and phone her in tears about how terrible your partner has been to you. That's what moms are for. It's quite another thing to have these kinds of conversations when you are living at home. How's your mom going to handle it when you invite the loser over the next day for make-up sex?

This sort of thing makes parents insane, especially dads with a Second Amendment hard on. So if you are experiencing less than domestic tranquility with a lover, consider not discussing it with your mom unless you need moral support.

Explaining Friends with Benefits

What if you have a relationship that consists of really good sex but nothing more? Unless you have the most sexually evolved parents on the planet, finding the right words to explain a casual-sex relationship to your mom and dad is beyond the scope of this book.

Or what if your lover isn't someone you would want to admit to your family that you are spending naked time with? This may not have been so bad when all you had to deal with was disgusted looks from your roommates. But now that you've moved home, maybe it will force you to set the bar higher when it comes to the people you sleep with.

Facebook, Texting, Email and Sexting

It was one thing to be Facebook friends with your parents or have them as Twitter followers when you were twelve. But now? Even if you aren't FB friends with your family, the Internet is an open book. Once you move back home, don't put anything on it that you wouldn't want your mom or dad to see. Or be smart and use Snapchat, Periscope or something your parents aren't likely to use.

Also beware that nothing will piss off parents more than when your little brother hacks into your Twitter or email accounts and shows them your posts dissing them. If you don't want your family to know exactly what you are thinking, don't text it, email it or write it down.

It is unwise to keep a lover's sexts for posterity or masturbation on any device your parents' can access. Assume your mom, dad, or siblings will find them. An upskirt photo from a lover is unlikely to increase your mom's opinion of her. And imagine having to face a partner's father after he found your dick pic to his daughter along with an explanation of what you're going to do to her with it—while under his roof.

Younger Siblings

If the stork made a tragically late visit and you have siblings in elementary school or younger, be sensitive to what an important figure you are in their eyes, either as a friend and mentor or as someone to torment. Also, when it comes to younger siblings, you are in the sometimes strange zone of being more of a parent than their brother or sister. And under no conditions should you ever give siblings drugs or alcohol. Not only is this dumb, but you risk being charged with the criminal act of furnishing a minor with whatever you furnished.

Siblings can form strong attachments to your boyfriend or girlfriend, especially if your BF or GF is being extra nice to them.

“One of the first big influences I had was when I turned 14 and my older sister became involved with a man who treated me like a brother. He had a huge influence in my life.” *male age 26*

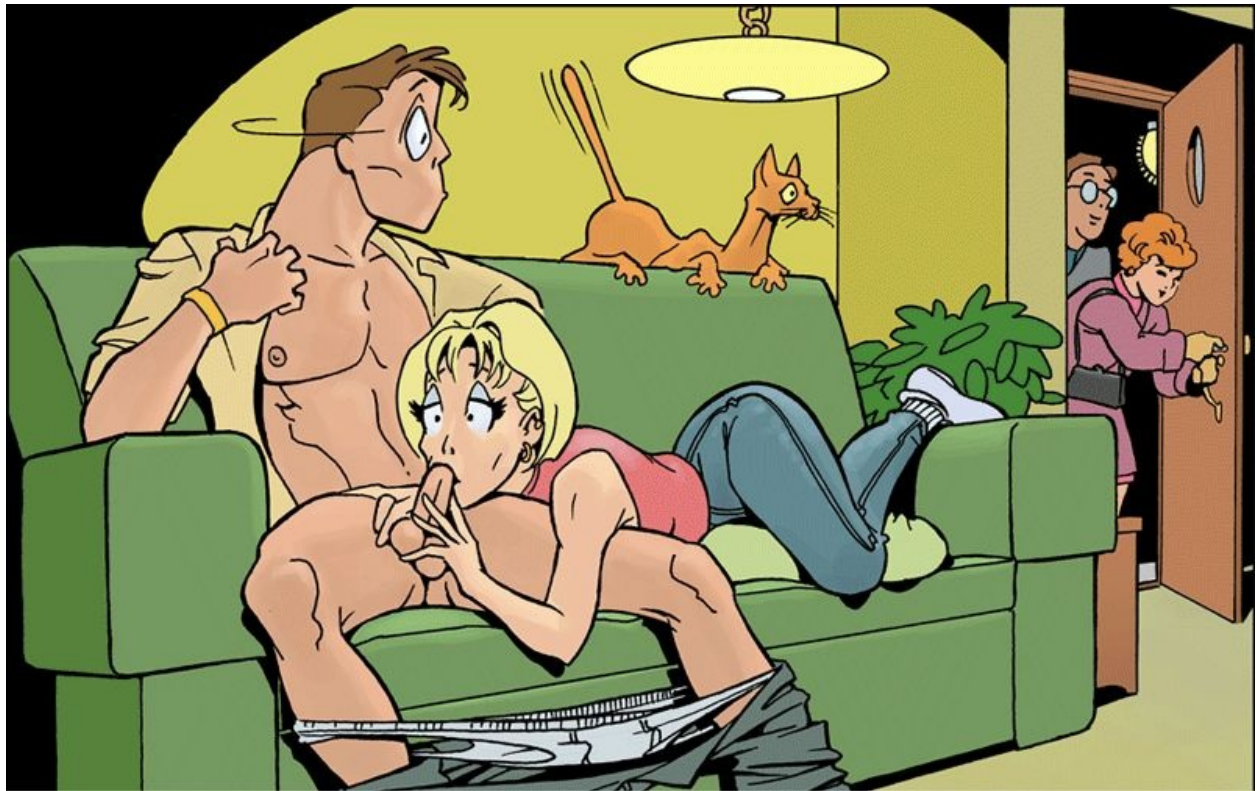
This is usually a good thing unless you decide to break up. It’s also something to consider when it comes to bringing casual hookups home. Just like a single parent who is dating, you need to be sensitive about the impact that a revolving door of lovers will have on your siblings.

Kids tend to be curious, especially about anything having to do with sex. So it might be wise to put a lock on your door for when a lover is over. You don’t want to risk having your third-grade sister asking your mom, “Why does Amy have Trevor’s penis in her mouth?”

Arriving Home with Pets and/or Kids

The difference between the family pets you grew up with and the one you are moving back home with is that you and your pets are now guests. In time, your family might grow to like your pet as much as they like you. Maybe more. But if your pet is so obnoxious that your former roommates tried to donate it for medical experimentation, you'll need to become super responsible. Pick up the poop before it hits the ground, or make sure its litter box looks like the sand traps at the Pebble Beach Golf Course. If it's a dog, be sure it gets enough exercise and slap a no-bark collar on if it won't stop barking.

Good luck if you've got a large dog that likes to occupy your dad's favorite chair or bares its teeth at your mom's yappy Poodle.



Strategic Room Choice for Better Sex

If sex in your parents' home is a possibility and you have a choice of rooms, place acoustic considerations at the top of your list. While you might love the room in the attic, think twice if it's directly above your parents' bed. A room at the opposite end of the hall from your mom and dad's bedroom might make for a better sex cave, even if it's smaller.

Another plus is having a separate entrance. This means you won't need to introduce hookups to your parents, which can save all kinds of embarrassment if you can't remember the hookup's name.

Loud Music Is Not the Answer

Your mom to your younger sister: “What’s Kyle doing?”

Your younger sister to your mom: “He just turned up the volume on Pandora, so he’s probably having sex with Amy.”

Do you think that cranking up the volume is going to fool anyone? Turning up the music announces your fuck fest to the world. Try pushing a towel against the bottom of the door if it leaks sound. It won’t keep the smell of pot smoke from escaping, but it can shave a few decibels off cries of “Oh God, I’m coming!” and “Harder, Kyle, Harder!”

Vibrators

If you use a vibrator, find a model that doesn't shake the house off its foundation. Try using a famous-brand pulsating toothbrush that's battery powered and sells for around \$8 for a twin pack. It vibrates at a perfect frequency and will get more off than the plaque on your teeth.

Barging In, “I’m an Adult Who Has Sex” and “How To Tell a Lover”

If your parents and siblings are barging into your room at all hours of the day and night, you might try reminding your parents that you don’t barge into their bedroom without knocking. Don’t mention the reason you knock is that you’d rather not see your parents doing something that could result in your needing years of therapy. Use a respectful tone when asking that they not enter your room without knocking unless the house is on fire or your dad is having a heart attack. Keep in mind that your parents are on solid ground to enter when necessary, especially if your housekeeping habits are causing the rodent population in the neighborhood to triple.

At some point, you may need to have the *I’m-not-a-child-anymore,-I-like-sex! talk* with your mom and dad, but it’s usually best to save it for a few months down the line after you’ve demonstrated how helpful, responsible and adult-like you are. One possible approach is to say “You did your job and did it well. You raised a responsible, caring young adult who, like other responsible caring young adults, has friends he or she spends the night with. It’s a normal, natural, biologically okay thing when you reach my age.” Then see where it lands.

If you are embarrassed and are sheepish or apologetic when you tell a partner that you live at home, then that’s what the take-home message will be. But if you confidently explain that your parents are good people and you moved back home for good reasons, then that’s probably how it will be received.

Having Fights with Your Lover and Breaking Up

Even the most perfect lover has habits that will get under your skin. That's why fights are necessary. But how do you have a good fight when your parents are in the next room? Finding a private place to have a fight can be as important as finding a private place to have sex.

When you break up with a partner who your family has gotten to know, they might react in one of two ways: with grief or sorrow, or with quiet cheers and high fives. If they genuinely liked your former partner, be sensitive to the impact that your break-up will have on your family.

Common Sense Considerations

- Don't ever flush spent condoms or period gear down the toilet. Condoms, tampons and sanitary napkins will cost your parents \$300 or more in plumbing bills. You don't want to be around when the plumber tells your mom or dad what caused the backup in the line
- Parents like to meet a partner who is respectful, helpful, and doesn't try to sneak off into the bedroom without saying hello.
- When possible, schedule sex during parental time away. Never bring a last-minute hookup home for sex. Only bring home sexual partners who you know and can trust.
- Unless you have a private bathroom, don't allow a partner to sneak out of your room naked or in underwear. Sweats, pajamas, a flannel nightgown or a longer robe is essential, especially if your partner is a woman and your dad tends to leer. This will make some moms insane.
- Give your partners tips for having conversations with your family members, eg "My mom had an affair with the tennis pro, so tennis is a sore subject with my dad," or "When my little brother isn't beating off to porn, he plays soccer" or "He's had some epic kills in Call of Duty," or "The sewing stuff belongs to my dad, and the guns are my mom's."
- If you use the family car for sex, pack out what you packed in. Never leave used condoms, wrappers, roaches, or underwear. Semen stains and wet spots on the upholstery are especially uncool.
- Your family dog will ALWAYS find used condoms in the trash. This can cause an awkward family moment. Also, some parents and siblings will check your trash. So find a safe place to dump used condoms.
- Never ever have sex in your parents' bed.
- Parents tend to hate it if you text at the dinner table or while having

conversations with them. Texting should be like masturbation, mostly done behind closed doors. This will make you seem more adult.

■ If you are the athletic type when making love, try toning it down when your parents are home. Everyone in the house knows what's going on, but there's no point in making the picture frames shake on the walls.

■ It's never good to leave wet spots on the mattress. Buy a mattress-pad cover and a big, soft, dark-colored beach towel to put down on the bed before having period sex. Be sure to wash the sheets yourself. Lubes that contain silicone can leave wicked stains on your sheets.

■ Parents tend to worry about their children no matter how old they are. Let your parents know if you are coming home later than planned. Calling or texting are the usual standbys. Turning off a light that they can see from their bedroom will let them know you are home, although there's not much point if the family dog starts howling.

Noisy Beds—Sign of Studliness at College, Not So at Home

Intercourse can turn a bed into a battering ram. The entire bed will sway toward the foot with each outward-thrust and toward the head with each inward-thrust. If it is hitting the wall, try moving the bed away from the wall. If that doesn't work, stabilize it by cramming pillows or gasket-like material between the headboard and the wall.

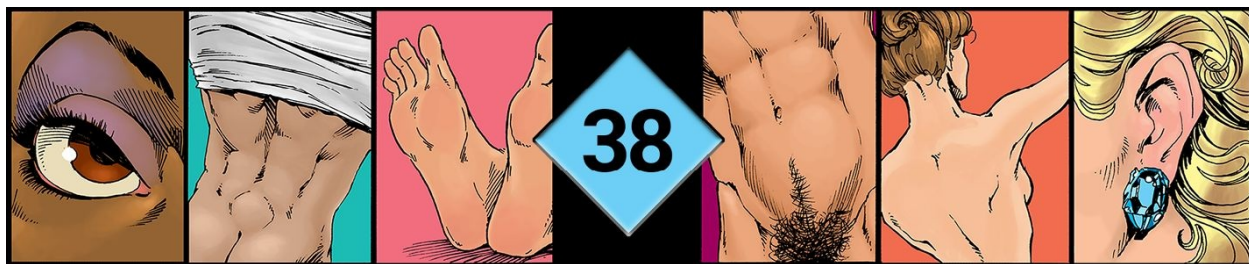
A frequent culprit is the bedframe. If it's an issue, see [this page](#) at www.Guide2Getting.com.

When You Have Your Own Kids & Living In a Multigenerational Home

Living in your parents' home with your own children can be complex. Be sure to do research on the kind of issues that can come up. Talk to your parents about what they expect of you, and what you should or shouldn't expect of them. Unless there are good reasons why you should no longer parent your kids, don't dump them on your parents.

If you have casual sex, do it away from home. Otherwise it will just confuse your children. And if your child is living with the other parent, no one will be impressed if you aren't involved in his or her life. Moving home with your parents is not a free pass to be a deadbeat parent. One of the most important jobs in life is to be there for your children.

The chances are good it won't be long before your grandparents need extra care. In some situations, this means they, too, will be moving in with your parents. It's not difficult to see how this can be overwhelming for your parents. Find ways to help your parents.



Sex with a Co-Worker

When you date someone you meet through work, you know what they look like, how they behave under stress and how they treat others. You'll know if they have a good sense of humor and if they have a solid work ethic. If they have personality problems, their fellow workers will usually rat them out. These can be luxuries in the age of digital dating when what you see is not necessarily what you get.

People you meet through work will often be geographically desirable, unless they're in the Omaha office and you're in Maine. You won't have to explain your company's quirks and culture to them, and there's a good chance you'll have each other's backs.

There can also be problems. So think of this chapter as the missing section from your employee handbook, on negotiating the workplace environment when you and a fellow employee are having sex when you are off the clock.

The Downside of Having Sex with a Co-Worker

If you are dating a co-worker, you're not just dating that person. When they are part of a close-knit group, you might as well be dating their entire department. There can also be social discomfort if one of you wants to take it further and the other doesn't.

Another problem is when an employee uses work as a source of casual sex partners. This almost always leads to workplace drama. Casual sex is one of the things employers dislike the most about co-worker dating. So it's your job to keep the drama under control.

Most companies don't have a dating policy, but some do. If your company has a policy, it will probably be in your employee handbook. Some companies have a policy that says it's not okay for a boss or supervisor to date a subordinate, or they can't work together in the same department. At some companies it's okay for co-workers to date, but if they get married, one of them has to transfer or get another job.

Work-related relationships can extend beyond your immediate co-workers. It might include dating a client, vendor, sales rep, consultant, or a patient. Does your company have a policy about this?

In case you are wondering why a company would be concerned about sexual relationships among co-workers, consider the following:

Relationship-related workplace insanity: Companies don't want their employees groping in front of the copy machine or hurling nasty barbs when a relationship starts to sour. They don't want things going on that will make other employees feel uncomfortable or angry.

Sexual harassment lawsuits: Lawyers tend to come unglued when an boss or supervisor is dating an underling. What if the couple breaks up and the worker is denied a promotion? This can look like retaliation. There can also be a serious power differential. A worker might feel he or she has to accept advances from higher-ups or else. This is why it can be wise for one of the parties to transfer into a different department when a supervisor is dating someone he or she supervises.

Preferential Treatment: Let's say Austin, who is a middle manager, is dating

Brandi, who is an executive vice president. Stormy is another middle manager who is aware that Brandi and Austin are dating. So what happens when Austin, who is incredibly hard working and deserving of a promotion, gets a promotion that Stormy felt she should have had? Stormy can make a big stink about how Austin received preferential treatment due to Austin's relationship with Brandi. Even if nothing was underhanded, appearances can make a difference in the workplace.

Serious Dating vs. Casual Sex

It won't help your career if you're known as the mailroom manwhore or the player from personnel. So if you are hot for a co-worker and value your job, keep it in your pants until you've dated a few times and it has long-term potential. While marriage needn't be the goal, you'll want to aspire to a stable relationship. Otherwise, look elsewhere for a dating pool.

Boundaries and Public Displays of Affection

Talk to your lover about the importance of maintaining healthy boundaries between the two of you at work. Create strategies to achieve this early in your relationship.

Besides bringing relationship issues to work, the quickest way to get fired is to annoy co-workers with public displays of affection. Even if you are in the safety of a locked supply room or have taken refuge in the furthest recesses of a warehouse, do not kiss, grope each other, or have sex at work. Never sext a co-worker when either of you is at work.

While at work, treat your lover the same as you would treat any other co-worker. You have no idea how much better it will work out for both of you if the two of you are discreet at work.



When to Go Public

When people get bored at work, there's no better way to pass time than with vicious gossip. This means that stealth is your friend. So the longer you keep your relationship under wraps, the better. When you are first dating, try not to post photos of yourselves together on your Facebook page. Do not announce, "Ben from underwriting asked me out!" Give your relationship time to develop before telling your co-workers.

This might sound like overkill, but try making "an organizational chart" of co-workers who will be most affected when they learn you have become orgasm-bonded. This will help you evolve a more effective strategy of how to handle matters when your relationship status becomes known. Once you are ready to let the cat out of the bag, plan who you are going to tell. Should you inform your supervisors first? If you have different supervisors, you should probably tell them on the same day. If you have the same supervisor, should you both be there?

If a co-worker pitches a fit because you've been dating another worker and haven't told him or her, explain that you wanted to make sure things would work out first, and that he or she is the first one you are telling. Don't be surprised if everyone is aware of your secret. Still, most will appreciate how you've attempted to be professional about it. At the very least, being discreet will give your co-workers less ammo to say nasty things about you the moment your back is turned.

Extramarital Affairs at Work

One of the most damaging things you can do to your career is have an extramarital affair with a co-worker. You will be shocked to learn how many people will be affected if you are cheating on a partner with someone from work. Even if they don't like your spouse, cheating makes people squirm.

If you and your spouse have an open relationship, it's not cheating. But good luck explaining that to your co-workers!

Breaking Up

If you split up, hopefully you'll be able to remain friends or at least cordial. But even the most amicable of partings can be a challenge.

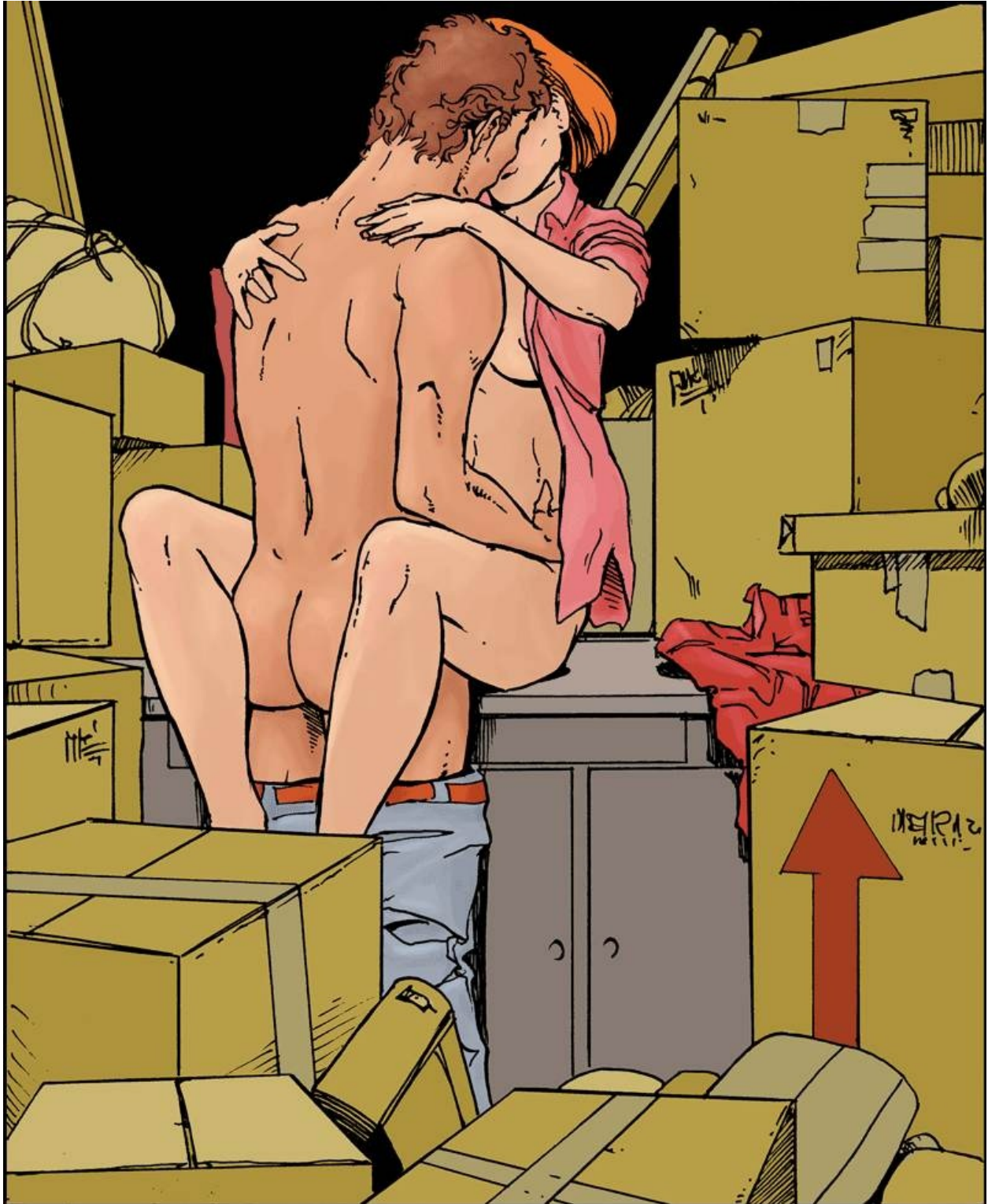
Just as getting together may have impacted your fellow workers, your splitting up may impact them as well. You never want to pressure them into taking sides or make them feel uncomfortable when they are around either or both of you. As much as it might be tempting, do not diss your ex at work or with a co-worker. In addition to making you look petty, this will not help your career. If you are too hurt to act rationally, don't hesitate to see a therapist to help you keep it together.

A Human Resources Executive Weighs In

Here are the observations of a human resources professional with more than twenty years of experience. He believes that co-worker relationships are inevitable, given how much time workers spend together. However, the relationships don't always work out well.

“Co-worker relationships are probably the most reoccurring cause of employee issues I have experienced. Typically the problems are worse when the relationship is in the end stages. However, I have seen a situation where the partners involved held senior positions and virtually destroyed a division when they were at the height of their relationship.”

“It's not unusual for workers to refuse to talk to or interact with anyone if it involves their ex. Essential information will stop flowing. Their friends become involved when things heat up and both sides jockey for position. Absenteeism will rise and one of the former partners will often quit or will be fired, especially if one continues to goad the other.”



Keep all aspects of your relationship away from work, including quickies.

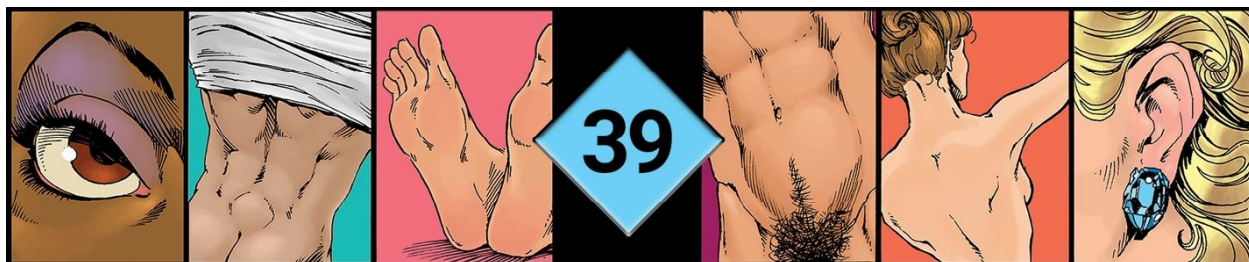
Comments from Readers Who Have Had Sex with a Co-Worker

“I have seen a lot of horrible office relationships! I have also seen a few great marriages stem from inner-office relationships. It’s more common than I thought. I promised myself I would never date a co-worker. However, I have met some of my best friends here at work. And well, I broke my own rule and started dating one of my best friends who is a co-worker!”

“My partner and I have been co-workers for almost six years. We met working on the same project. We continue to work together. We have been lovers for almost four years and have lived together for two. Both our colleagues and our senior management are totally supportive. I totally enjoy working with someone I love and respect and it is a blessing to have a partner who is completely aware of and understands your work environment, stresses, etc.”

“I had sex with one of my co-workers and it was fine. He was nice and the sex was good. Even when we stopped seeing each other we stayed friends and work was good for a long time. But I also had sex with my boss one summer and it went so badly that I lied and told him I had an STD when I eventually quit. He was mostly a jackass about it. I think that the sex basically made bad situations worse, and possibly made good situations better.”

“I’ve had sex with co-workers on a couple of occasions, some have ended well and others haven’t. Oddly, I’ve found its been the men in these scenarios that tended to get weird.”



Casual Sex

“Some of the best sex I ever had was with an unexpectedly talented stranger, and some of the most awkward sex I’ve ever had was with a boy I’d known for years and loved. Go figure.” *female age 21*

“I had a friends with benefits relationship when I was in high school with a good friend. We never really had ‘those’ kind of feelings, but the sex was just great. I still consider it some of the best I’ve ever had. Sometimes when I am home visiting my folks he and I just get together for the sex.” *female age 24*

People often think of casual sex as being just one thing. But there are at least three very different kinds of casual sex: Sex with No Strings Attached, Friends with Benefits, and Sex with an Ex.

Sex with No Strings Attached is as casual as casual sex gets. It often involves sex with a total stranger who you might have only met in the last hour. Or you may have been on each other’s radar for weeks or months before opportunity knocked. It might be a one-night stand, or it may have its own jagged lifeline. The triggers can be many, but alcohol is often involved. Early-morning thoughts such as “Who is this woman I’m sleeping with?” “What bed am I in?” and “Where are my panties?” are par for the course.

As for *Friends with Benefits*, there’s a reason why it starts with the word “friends.” It’s usually with someone you know and it often happens more than once. There’s plenty of wiggle room when it comes to defining friends with benefits (aka “booty call” or “fuck buddy”). *Friends with Benefits* can just be for sex or it can include hanging out. It can be with an acquaintance who is maybe a Facebook friend but not someone you’d call when you need a real friend. It can also be with a good friend, which doesn’t always end up as bad as you might think. There are times when friends have sex and then stay friends after they stop having sex. There’s no way to know how it’s going to turn out ahead of time.

“When I was involved in my hook-up relationship I would never call him up for a sober booty call. It was always when I was drunk and wanted

sex. That is also how I knew there was no emotional attachment because I wasn't even interested in hanging out with the guy unless I had been drinking. He wasn't really my type. We didn't have much in common other than the sex." *female age 23*

"He was a football player and wasn't someone I wanted to be in a relationship with. We didn't have a lot in common besides the sex. Most people didn't even know we were hooking up." *female age 22*

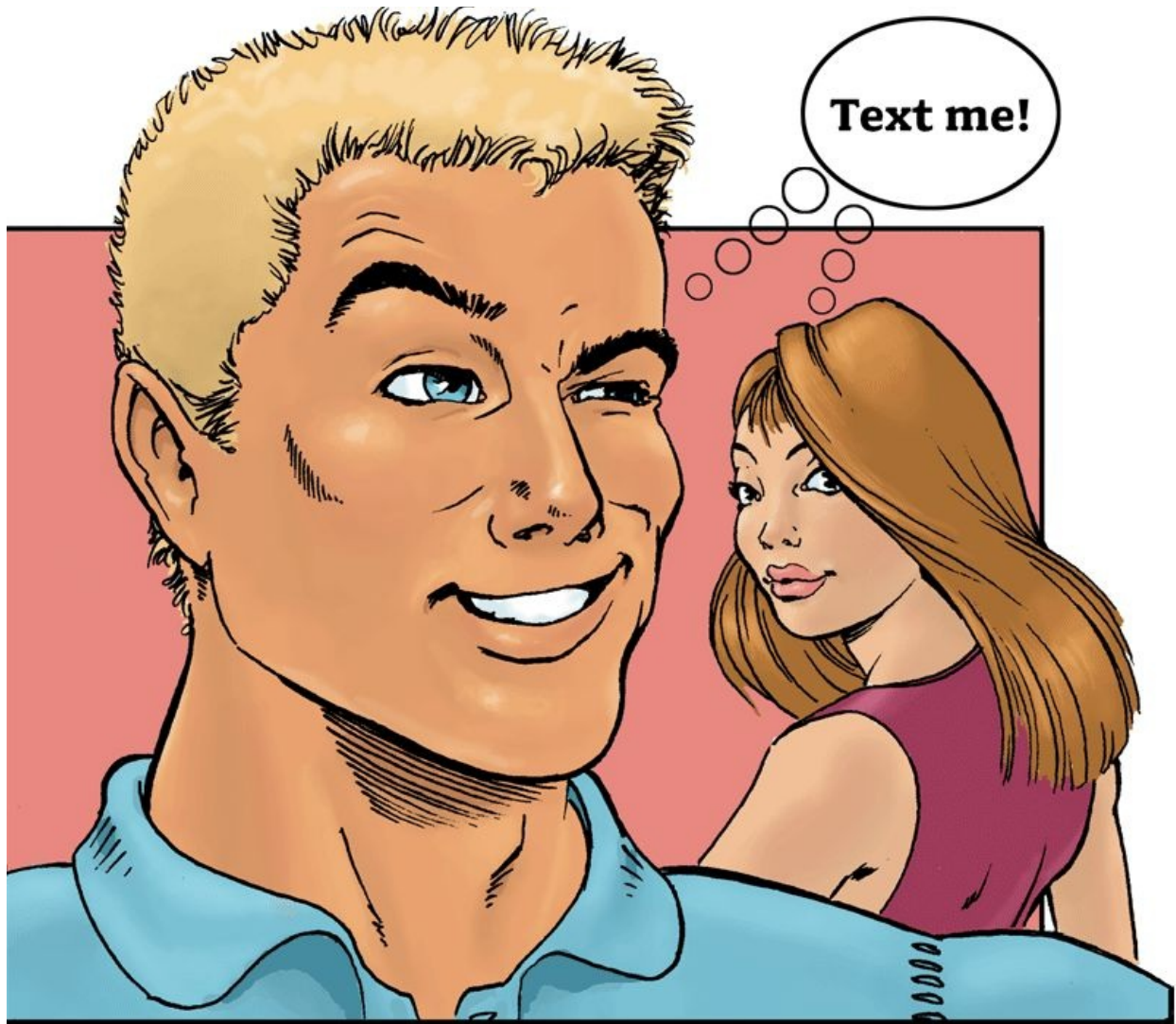
One problem with *Friends with Benefits* is that people who are in them seldom talk about their expectations or feelings. They don't talk with each other about their relationship, which is still a relationship of sorts even if it's not filled with "I love you's." This kind of relationship more or less happens without much discussion.

Another form of casual sex is *Sex with an Ex*. If you are super horny or drowning in loneliness you might call an ex for sex. Or maybe you're both at a place where you realize the best thing about your relationship was the sex, so why not go for it. This might work, but the potential pitfalls in having sex with an ex are endless.

Are there other kinds of casual sex? Of course. Consider this woman's situation, where *Sex with No Strings Attached* turned into something more like *Friends with Benefits*:

"I hooked up with a guy two years ago. I didn't know him, and I didn't expect to see him again. It's been over two years, and we've become very good friends. We often have sex even if we're not involved in each other's lives by mutual agreement."

Casual sex can take on as many different forms as there are people who want to have it. Is it something you should try? Some people are comfortable with casual sex, others aren't. What works for your friends might not work for you. If you decide to try casual sex, go slowly. The luck of the draw can be a big factor, both good and bad.



Motivations? Regret?

Casual sex is more about excitement than emotional depth. Men and women often have the same reasons for doing it, but not always. A man might desperately need the touch of a woman. Casual sex is a way for this to happen without having to admit the real reason for the sex.

Casual sex can forestall a woman's worries about being trapped in a relationship. It can provide validation that she is desirable and give her something to talk about with other women. It's healthy and normal to want to know what different guys are like in bed—a curiosity that few women have been allowed to explore until now. There might also be the occasional cross purposes, like having sex with a rival's boyfriend or rubbing it in an ex's face.

Researchers have asked people if they regret casual sex. It turns out that if the sex was good or the person had fun, there are few regrets. Otherwise, it's not unusual to have regrets, especially if a person's expectations were high. Men can have regret as well as women, and there is frequently regret over not using condoms. However, regret about a one-night stand might be miniscule when compared to the regret over years spent in an unhappy relationship or an unfortunate marriage.

Women's Satisfaction in Casual Sex

“If you go into it knowing that it is just going to be a one-night stand then it is satisfying. If there was supposed to be more and you don't get much, then it is disappointing.” *female age 22*

Men have way more orgasms during casual sex than women. Yet almost as many women report being satisfied with casual sex as men. How can this be?

The newness, excitement and risk of casual sex might be factors. Not having to invest as much effort and not worrying about what a partner thinks are big pluses. Alcohol can also make us remember a situation in a better light, and the vapor of alcohol is no stranger to casual sex.

Maybe all Cinderella wanted from the Prince was a good fuck. Or maybe she wanted him as a friend and lover, minus the castle, crown and demand to squeeze out a royal heir. Whatever the case, women today are just as likely to dive into a man's pants as he is into theirs. If a relationship happens, it happens, but the fact that a relationship is not part of the mix can make casual sex appealing to a lot of women as well as men. If anyone ends up being jealous or hurt, it's just as likely to be the guy.

The Double Standard

The double standard still exists, but it's not as bad as it was generations ago when virginity was still a commodity. The new question is *how many men a woman can sleep with before she's slept with too many*.

"How many partners are too many? How much is too much? How assertive is too assertive? What is experimental vs. promiscuous? These are questions that are always in the back of women's heads, and I don't think a lot of men realize that, or maybe they do and just don't care."

female age 22

"The double standard still exists. If a guy sleeps with a lot of girls then all his friends think he's a player, but if a girl sleeps with too many guys she's a whore and no one wants to be her friend. I think girls have a lot more freedom sexually, but that doesn't mean the times have changed enough to have the girl start making every first move. I would never sleep with a guy who's had an outrageous number of women, but I also would not sleep with a guy who hasn't ever been with someone, not because of how they would be in bed but I just don't want to be someone's first because then they have to remember me forever."

female age 23

"When a guy asks me how many people I have slept with, I am ashamed to say eight. I feel like it is so high. However, then when you ask a guy he will proudly say twenty."

female age 21

One thing that hasn't changed is that it's women who are often the biggest enforcers of the double standard:

"Women who sleep around are very much put down by other women and men, but mostly put down by women. Men, on the other hand, are pressured and encouraged to sleep around."

female age 21

"Girls are also calling girls sluts. We don't like to be called it ourselves, but we use it to put down other women. It's a vicious cycle."

female age 22

Older Feminists Shake Their Heads in Disbelief

Some women assume that having casual sex is a sign of liberation, but older feminists might have misgivings. It's not the lack of commitment that would bother them or needing to drink before having sex. They would have sympathized and perhaps offered some weed or suggested you ditch the dick and try some pussy.

What would have made them crazy was the idea of hooking up with an anonymous guy when you didn't know how he voted in the last election. What if he is filling you up with his baby-making sperm but voted for politicians who want to end your freedom of choice and force you to have his child? What if he voted for politicians who are trying to shut down the Planned Parenthood clinic where you get your birth control?

When it comes to sexual freedom, being liberated means being able to make choices you are pleased with when you are sober, not ones you had to get drunk to make.

Alcohol & Awkward, Horny & Excited

Dating is seldom as formal as it used to be, nor is it the major social event it once was. But dating can still feel as stressful as ever. Not only do you have to make eye contact and use your tongues instead of your thumbs, but once you've said something, there is no option to edit.

Given that casual sex is way more about changes in the traditional roles of women than men, a number of women were interviewed for this chapter. The two words they used most often in describing casual sex were *alcohol* and *awkward*, but *horny* and *excited* were up there as well. In more than 25 pages of women's comments, *love* was used only twice. *Comfort*, *comforting* and *uncomfortable* were used often. *Abusive*, *unhappy*, and *pain* were not used at all. When it comes to casual sex, the kind of emotions the women value in a long-term relationship are not a big part of it, nor are the emotions they dread.

While the media coverage of casual sex often has poignant accounts of how empty it can be and how hurt one of the partners ends up, that's not what the women who took our survey focused on.

"When you are not in a relationship and you want sex, you have casual sex. At times it can be satisfying sexually, but not emotionally. To have just casual sex you need to be able to separate the emotions. When I was involved in casual sex it was with the same guy, but there were no attachments. If one of us hooked up with someone else then the arrangement would be over. Now that I am in a committed relationship, I think that the sex with someone you know and are emotionally invested in is so much better. Knowing the person cares about you makes sex a lot more worthwhile." *female age 22*

"The hook-up guy never, ever asked me how it was for me. He always quit after he finished and there was rarely foreplay. You could tell it was strictly sex. My boyfriend always asks how it was for me; he is always worried that he is not doing it good enough." *female age 21*

Almost all of the women said that alcohol was their gasoline for hook-up sex, but they didn't seem particularly concerned about it.

“I definitely think random hook-ups have more to do with alcohol than what is believed in the media.” *female age 22*

“Alcohol plays a big role in hooking up. Many (including myself) have used the excuse ‘I was drunk.’ It’s almost like a free pass.” *female age 22*

“Alcohol is a huge influence on casual sex, especially for girls! I don’t think I would ever hook up with a guy I didn’t know unless I have the comfort of saying I was drunk at the time so I had an excuse in the morning.” *female age 21*

“When I drink I want sex, so I knew I could get it from him. Drinking just makes sex more interesting to me because I am more open to trying things, and I am not worried about what I look like or how I am doing. I am more worried about my receiving sexual pleasure than anything else.” *female age 22*

“You may think this person was attractive when drunk, but when you wake up the next morning and see him, you are like ‘Whoa... I’m out of here.’” *female age 23*

“I see casual sex more when alcohol or substances are being used, especially in college. People don’t think about what they are doing until the next morning when guilt settles in. I know this because, unfortunately it has happened to me and a lot of my friends.” *female age 23*

“Alcohol is more of an excuse than a reason sex happens. When I drink I act on my sexual needs more than when I am sober.” *female age 22*

“Alcohol has a huge impact on my sexual activities. If I drink enough I have no moral rules with myself anymore. The next day I can wake up and make it okay by just saying, ‘I was drunk.’” *female age 21*

“Alcohol is a big part of my life as a college student. I know it sounds like a crutch, but on the weekends, everyone I know is drinking.” *female age 21*

When it comes to casual sex, getting drunk allows some women to have the same kind of sexual freedom as men. It’s a testosterone patch in a bottle or can.

But when we asked the women if they needed to hammer down a few Stolis before having sex with a boyfriend as opposed to a hook up, you could hear the “Hell no!” loud and clear.

Technology's Impact on Relationships Today

Here's what college students who use this book in their sex ed class had to say about casual sex. The students are no strangers to casual sex:

"We're impatient. We don't want to miss anything, so we don't take the time to really get to know anyone. We are always in 'go mode.' Maybe that's why we hook up. There's no energy left to do anything more complex."

"There are no rules anymore, at least not that anyone agrees on. There is no social code, everything is open to interpretation and it's all a gray haze."

"There is no more formal 'asking someone out.' Rather, they group text a bunch of people about possible plans for that night and see who shows up. That way, the guys don't have to ask one person out and face rejection. Plus, they don't want to limit their options. **OPTIONS MUST STAY OPEN UNTIL THE LAST MINUTE!**"

"Guys will google pick-up lines to text rather than trying to think on the spot. They also wonder, how soon do I text? If I call first am I coming on too strong? One male called a girl and she did not answer. He texted and she responded. You meet, text and then see what happens."

"We are so used to communicating via text or social media that we are socially stunted when it comes to one-on-one."

"Texting is the easy way out. Plus, if you text, you can get help from friends on what to say, and how long to wait before you text back."

"This girl essentially asked me what I was doing this weekend. So I sent her a message. She accepted, but during this process I never once considered calling her. An abundance of secure choices have protected me from vulnerability: technology is the brick wall."

"I can't imagine calling seven girls and having insightful conversations with them all; however, I can imagine texting seven girls the same thing at once. This form of impersonal communication has replaced the art of

conversation and serves as a way to avoid potentially stressful interaction.”

“We have a hard time committing. All of these strange, unclear relationships exist that have no formal rules. It seems we are just using each other to have sex. At the same time we do share mutual feelings of romance and passion, yet we do not call ourselves boyfriend/girlfriend in any aspect of the word. There might be someone better out there, which is constantly suggested by our friend count. It scares us out of committing to someone who could be inferior to the next bidder.”

“It’s better to keep it simple and casual so it’s easier to detach when the inevitable moving on occurs.”

“I’ve had the stereotypical ‘who is this girl next to me?’ mornings. Although those have not been my best decisions, I’ve learned from each one. But some people get very confused. My most recent ‘friends with benefits’ relationship went spiraling into disaster when she got too clingy and tried acting like a long-term girlfriend. At the same time, I’ve found that girls are as likely to want sex-only relationships as guys.”

“I’ve been with easier girls for random nights of sex, but there’s nothing better than a girl who does not mind spending a Saturday night in the library studying. They tend to be more responsible, trustworthy, and able to have an intelligent conversation that does not include alcohol, drugs, blackout, and vomiting.”

“Relationships are complicated and the rules are puzzling. I have a hard time figuring them out. Most of our communicating is done through a screen. There are hardly any face-to-face interactions, unless you are wasted at a party, and in most of those situations, you’re looking for someone to hook up with that night.”

“We’re making up the rules as we go along, pretending we don’t have feelings. We’re sex-fueled young adults trying to figure out who we are by sleeping with as many people as we can.”

“When trying to ask a girl out, I need to Facebook friend her. Once she

accepts, I write her a comment about something that happened when we first met. If she responds in a positive way, I send her another comment saying we should meet up the next time both of us go out. If she responds with a yes, then I ask for her number and give her mine. After the numbers have been exchanged, I will text her during the evening of the day I plan on going out. She can then take this wherever she wants to: sex, kissing, just a hug at the door. If things go well, I ask her via text when I can see her again, because calling comes off too strong and can be seen as creepy. When I have tried calling or skipping one of these steps, I have failed. I believe this routine is somewhat messed up. The structure is flawed.”

Between Dating and Casual Sex

There is an in between kind of dating or “dating adjacent” that’s a hazy area between dating and casual sex. It’s where two people are checking each other out as possible relationship material. It’s like an interview with your clothes off. It’s how a lot of relationships do or don’t begin. There’s also the matter of sex roles:

“Girls want to be on the same playing field as the boys, but when it comes to paying, asking out, approaching, calling and everything like that, a lot of girls still want the boys to be the initiator.” *female age 22*

With dating, there are still well defined male-female roles, although they don’t scream at you like they used to. One defined role is that it’s usually the guy who does the asking out, although that is often massaged and manipulated through interventions ranging from friends encouraging him to text her, to strategies where you “casually” run into each other

Casual Sex and Birth Control

A college instructor from a rural area who uses *The Guide* in her sex-ed course sent in the following regarding her students:

“I’m concerned about some of our students using morning-after pills and abortions for birth control. They often hook up with guys and have unprotected sex. Their doctors prescribe them three months’ worth of morning-after pills. Some of the young women use the pills as many as three times in a month. I am not certain what impact this type of use may have on their bodies. Additionally, some of the girls admitted to psychological challenges following abortions.”

Anyone who is having sex, casual or otherwise, needs to have a sound birth-control strategy. While emergency contraception is not meant to be used as regular birth control, it can be taken several times a month without causing worrisome side effects for most women.

Two of the last things you want from casual sex are unwanted pregnancies and sexual infections. Using condoms not only helps prevent pregnancy and decreases your chances of getting most sexually transmitted infections, but it helps decrease morning-after regret.

Random Facts about Casual Sex

Oral Sex: Guys seldom go down on women during one-night stands. A woman is more likely to receive oral sex in a friends-with-benefits arrangement where her sexual pleasure is one of the motivators.

Was it consensual or forced? This is a very real concern for women in casual sex situations, especially those with less experience who go to parties where there's a punch bowl of "jungle juice" or "panty dropping punch." This should concern young men as well as women, given how life-changing a charge of rape can be, whether well-founded or not.

Orgasms: The estimate is 80% of men have orgasms during casual sex, while 20% of women might have orgasms. However, the women's orgasms count can go way up in a friends-with-benefits situation.

Cuddling: Plenty of men and women want physical tenderness in casual sex that's more than just intercourse or oral sex. So men and women aren't always running out the door as soon as the media wants you to think.

More Responses From Our Female Survey Takers

"Hook-up sex cannot be with a guy you are wanting a relationship with. It has to be just for the sex."

"I think relationships are still the goal. It's just more relaxed on how we get to that point."

"To me hooking up/one nighters are just that. Generally there are no feelings towards the person. If you're horny you call them up and have sex and that's about it. Alcohol is a huge factor. More than likely we will both be drinking with the same people at the same bar and then one thing leads to another."

"I know people that were friends with their significant other and then started having sex. I also know people who have sex and then a relationship happens. I have tried both. I can't tell you which one is better. They both worked for me."

"I still see relationships as a goal, but if you aren't near to finding

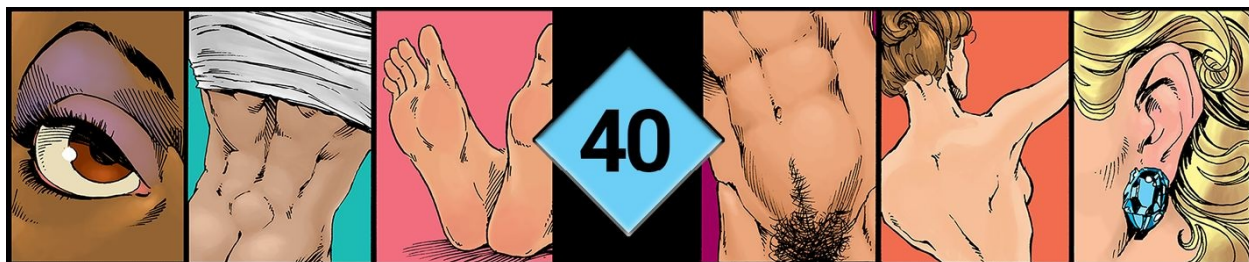
someone to meet your goal, why not have fun until then?”

“For me casual sex can be uncomfortable or awkward. You don’t know what to expect or what they expect. There is some excitement, but there is excitement in a relationship. You know what the person likes, what they are willing to try, and their comfort level.”

“I think that guys look at girls who sleep with them early in the relationship as slutty. If you sleep with a guy before you really know him he assumes that you do this with everyone. He is not considered unfit because of the double standard. It doesn’t matter how many girls he has slept with, but it does matter how many guys a girl has slept with.”

“If I am at a party and meet a guy and I really like him and we start fooling around and he calls the next day well then great, let’s hang out. Not because we fucked, but because I liked hanging out with him. It’s always scary when you don’t have sex in the beginning and you get into a relationship and your lover is horrible, then you’re stuck in a bad-sex relationship and if we’re being honest, sex is a huge part. I like to meet the guy first, enjoy being with him and then sleep together, as scary as that is. Then I’ll invest time and a relationship in him.”

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Threesomes

One of the first couples I ever interviewed about sex were in their early 70s and had been married for more than 35 years. They were church-going pillars of the community. The most important thing in their lives were their kids and grandkids. When I sat down in their tastefully-decorated living room, the woman said, “Why don’t you look through the photo album of our last vacation that we took with some good friends?”

Within minutes, my grad-student mouth nearly fell off its hinges. Not a single person in the pictures had a stitch of clothes on. Their vacation had been on a cruise for swingers. They said that just last weekend six couples had been going at it in this very living room. And then the man looked lovingly at his wife and said to me from the depth of his heart, “Mama here is the best little cocksucker of any woman in the group!” His wife beamed with pride and gratitude.

The second couple I interviewed had never had a single threesome, let alone done any swinging. They were soon to be married. They were madly in love and very pleased with each other sexually. They even invited me to their wedding. They had a traditional relationship in every sense of the word. We stayed in touch for the next two years, when their marriage suddenly ended in divorce. I never heard from either again.

A few years later, I was having a conversation with a young woman about computer software. She asked me what I did. After I told her I’m the author of a book on sex, she said she lived with two men and had sex with both of them. One was her husband, and the other was their roommate. This had been going on for a couple of years, and she said they were all very happy together.

So I gave up long ago on trying to predict what makes a relationship work or fail, and whether having a threesome was a good idea or bad. I figured it is a good idea for some couples, and a bad idea for others. I do know that of the thousands of women who have taken our sex survey, having a threesome is one of the two most common sex fantasies. So if you are considering a threesome, this chapter was created to help you sort out the possible pluses, minuses, and

what you'll need to consider if you want it to be a good experience.

A War on Tradition

Threesomes can evolve in many different ways. They can be a once-in-a-lifetime event when your husband's old college roommate visited for the weekend, or something you do a couple of times a month.

Adding a third person in sex isn't like adding another cherry to your banana split. Threesomes are a declaration of war on two-thousand years of marital tradition—namely, that if you want to include another person in your sexual mix, you are supposed to lie to your partner and cheat on the side. So caution is in order. A threesome revolves around the emotions of three people instead of the usual two. The potential for everything goes up—from the level of sexual excitement to the degree of hurt and anguish.

The Definitions

There are many ways that people have sex in numbers, with a threesome being just one of them. It used to be that there were more set boundaries between the following groups, but not any more:

Threesome: This usually means two males and a female, or two females and a male. One of the Ms and one of the Fs are frequently in a committed relationship, with the third M or F being a free agent.

Open Marriage: This is when a primary couple agrees that each person can hook up with outsiders for sex. The past few decades have seen an increase in couples who agree on the open-marriage option from the start. However, they usually don't announce this at their wedding.

Swinging: This is when an established couple gets together with a larger group for sex. It has many variations, from when two couples get it on in tandem, to sex in large party rooms where almost anything goes. While the swinging couples often form friendships or microcommunities or tribes, it is the recreational part of sex that initially draws them together. (The original term for *swinging* was *wife swapping*.)

Polyamory: This is when a relationship involves more than two people with the consent of everyone involved. It can include group relationships, or it can be a single person who chooses to have multiple relationships without an agreement of monogamy. It used to be that poly-people prided themselves on not being the type to have sex with anything that moves. There was often romance, friendship and intimacy, but with more than just a husband or wife. But now, a date for coffee or lunch can be relationship enough to have sex. People who describe themselves as polyamorous tend to be more liberal and younger than those who describe themselves as swingers and they tend to welcome diversity in sex roles more than swingers, but there is now an increasing amount of line-blurring between *swinging* and *polyamory*.



Let There Be Three

Why do people have threesomes? For starters—alcohol. Plenty of threesomes occur when three friends have been drinking enough to lose their inhibitions, but not enough to lose their erections. Threesomes created on the vapors of ethanol are seldom planned or repeated. Threesomes that endure usually take forethought and planning.

Threesomes are often structured like a triangle or pyramid. At the base of the pyramid is a male-female couple involved in an ongoing love relationship. The third person is the extra at the top. There's no reason why a threesome can't include three males or three females, but for most people who are straight or bisexual, threesomes are MMF or FFM. The decision to have two males and one female, or two females and one male is often based on the preference of the primary couple.

While some successful threesomes just fall out of the sky, most take a great deal of planning and thought. Here are some things to consider:

In MMF threesomes, the chemistry between the men can range from "I'm fine with you doing her, but touch me with your dick and you're dead!" to "Oops, your dick kinda slipped into my mouth!" Regardless of whether the MM contact is casual or planned, when two guys are having sex with one woman, there's going to be body contact between the two men. This is important to consider if one of the men is homophobic.

In FFM threesomes, the over-riding dynamic is often the desire of the women to experience more than the usual girl-hugs and kisses. This kind of threesome is often about letting the women explore, with the man providing a safe, solid, masculine backstop.

There are many ways the male in an FFM can help the FF exploration feel safer. The women might want him to be lying on his back, with one of them sitting on his penis while the other is sitting on his face. Both women are facing each other and they can kiss and caress while being connected to a man sexually. (This combination might be more comfortable when all three are on their sides.) Or maybe the women will be happier if he just watches and strokes himself, or if he joins one in doing the other.

Unless both women are totally into the guy, it's usually not a good idea for an FFM to focus around pleasing the man. FFM threesomes tend to work better if the man takes a background role and allows the women to lead. He should never try to script the threesome or attempt to set the tempo, unless it's a BDSM scene with a master and his two naughty slaves.

In a threesome, the women's orgasms are seldom the end of anything. They're more like the "fasten your safety belt" sign. However, the men's orgasms in a threesome can put a dent in the sexual build up. This may be one of the reasons why FFM threesomes often spend the night together, nestled in each other's arms, while in MMF threesomes the third-wheel guy often goes home after the men have come a couple of times.



Planing and Logistics

Spontaneous sex is a gift of the gods that is bestowed upon couples who have undemanding jobs with predictable hours, no children, and friends and relatives who live in other states. For everyone else, planning and compromise are essential to a good sex life. Triple that for sex with three. So the next part of this chapter is divided into four sections:

1.) *T*hings to consider when considering a threesome; 2.) *F*rom how to find a third wheel to pre-penetration negotiations; 3.) Possible positions and positions on what's possible; and 4.) Don't let the dawn get you down.

More Than a Fantasy, But Not Yet a Plan

This chapter assumes that your threesome is made up of an established couple and a third wheel. That's how it usually is, but it doesn't need to be that way. There are debates about whether threesomes are best when they are made up of three individuals versus a primary couple and a third wheel. There are also debates about whether the third wheel should be a friend, an acquaintance, or a stranger. There are no absolutes. But since it usually happens with a couple and a third wheel, this part is for the couple, and a separate section for "the third wheel" follows. (A number of these suggestions are from Suzy Bauer's e-book, *Step By Step Threesomes*, Nina Hartley's *How-To Threesome* series of videotapes, and Violet Blue's chapter on threesomes in *The Ultimate Guide To Sexual Fantasy—How to Turn Your Fantasies into Reality*.)

■ When you are first discussing the possibility of a threesome with your partner, avoid blurting out a list of potential lovers, such as "Your friend Ally would be sensational!" or "I'm sure Jason would add a lot!" What your partner will hear is that you can't wait to screw someone else. If your partner is receptive to having a threesome, you might ask who he or she thinks would make a good third.

■ Anticipate that the threesome could sour your relationship. What if one of you fell for the third wheel or the third wheel fell for one of you? Discuss these possibilities and strategies to deal with them ahead of time.

■ Try to imagine the sight of someone attractive having sex with your partner. Your partner is laughing, flirting, sighing, and enjoying being with this person. Talk about ways you can signal to your partner if jealousy is getting the better of you.

■ In a threesome, an erotic connection can sometimes build between two of the participants, with the third person being left out. This is fine as long as the third person enjoys watching, but if not, discuss how you would deal with this.

■ What if the third-wheel MMF guy drops his drawers and you and your

partner drop your jaws? What if nature blessed him with a package of penile perfection? Ditto if you are a woman and the second woman in your FFM has the kind of body that someone only gets when she's cut a deal with the devil? Are you prepared for a bit of envy?

■ Before trying a threesome, watch some threesome porn together that shows the different positions and possibilities. Talk about what you'd like to try and what you'd like to avoid.

■ You can get a better sense of an FFM threesome by going to a strip club where you can pay one of the women to do a lap dance for each of you. However, it's not necessarily a good idea to take nude dancer or prostitute home for a threesome. She might be so experienced that it gets strange. It's better to stick with someone whose sexual perspective and experience level is closer to your own.

■ If you are considering an MMF, both of you might see what it's like to be in a strip bar where male dancers are the ones who get naked. Since they usually don't allow males in the audience during male stripper shows for women, you might need to visit a bar or club where there are gay dancers who get naked. It will give both of you a sense of what it might be like to have another naked male in your presence. And it could be worth a chuckle to see other guys trying to pick up your husband.

Creating a Pre-Penetration Plan

■ To prepare for your first MMF, the woman might get a dildo and butt plug for practice. She can simulate different penetration scenarios with her partner by using the toys, which can help the eventual threesome to be more manageable rather than overwhelming. (Most MMFs don't do double penetration, but even having a penis in your mouth at the same time that you've got one between your legs will provide more stimulation than most women are used to.)

■ Having a threesome with a friend can deepen your friendship or it can mess it up. While it might be good to have a threesome with someone you know and trust, it's not such a good idea if he or she has a secret crush on you or your partner. Likewise, an ex boyfriend or girlfriend could make a good third or a horrible third. This is why you should talk it over ahead of time.

■ To find a third wheel who is not a friend or an acquaintance, you might attend the clothes-on social gatherings that swingers groups have. Other possibilities include ads on websites and apps. The ads need to be carefully worded and carefully placed.

■ Don't overlook single moms for an FFM threesome. Suzy Bauer and her husband were thinking back over the numerous women who had joined them for threesomes over the years, and it suddenly hit them that the majority were single moms.

■ If the prospective third wheel is an unknown entity, protect your identity. Do not tell them where you live. Set up a face-to-face meeting at a neutral location where you can meet with your clothes on. Discuss things like setting up personal boundaries, safe-sex precautions, and what you hope to get from your threesome. If the pre-penetration meeting doesn't increase your desire or the chemistry doesn't feel right, consider that you don't have the right combination. If you go through with it, try having your threesome in a hotel room instead of your home until you get to know the person better.

■ Before your pre-sex meeting, decide what is and isn't off-limits. For instance, one woman might be fine with a third wheel giving her husband a blowjob, but will melt into a psychotic puddle if the third wheel and her spouse French kiss. So make a list of the things that you'd like to encourage and discourage. Discuss them during your pre-sex meeting.

■ If a man is being invited into a threesome with an established couple, he needs to have a thumbs-up from the primary-couple's male partner, as in "Don't worry, I won't kill you if you fuck my wife." One way to do this is for the male of the primary couple to be the one who brings up the subject of a possible MMF threesome to possible candidates. Likewise, for an FFM, the alpha female needs to invite the other woman to join. There are exceptions to these rules, but respecting them will serve you well.

■ As with any situation where a new partner is involved, you need to protect yourself against sexually transmitted infections. Do not take a stranger's word that he or she is disease-free. Be sure to use condoms and lube, and protect against unwanted pregnancy. If you are having an FFM, the M will need to change condoms when going from one woman to the next. So have a bunch of condoms and lube handy.

Let the Party Begin

First and foremost, consider the following advice by Nina Hartley from *Nina Hartley's Guide to Threesomes* videos:

“Start slow, with lots of teasing and foreplay, kissing, petting, massage. It’s likely two of you will be part of an existing couple where you know each other’s sexuality better than the newcomer, so don’t rush. Take your time bringing the newcomer into the situation. Unlike us [porn stars], you aren’t making a movie. You don’t have to be so goal-oriented. Let things unfold naturally instead of pushing for the kind of acrobatics you see in porn. It may take more than one get-together to make it all work, so don’t be discouraged if the first threesome ends up with a double blowjob or handjob. It may take time for the three of you to get comfortable enough for actual intercourse. It is not necessary for all three partners to be equally engaged at the same times. Kicking back and watching can be exciting, too. Don’t assume that dicks in every hole at all times is a measure of a successful threesome. Do the easiest things first, and see what develops. Don’t forget to talk about your feelings afterward. You’ll want to learn as much as possible from each experience.”

■ Be sensitive that you are inviting a stranger into your lovemaking lair. Don’t assume that he or she has a clue of what to do or how to be. This is the moment when what used to be a total fantasy becomes reality, which is not always the prettiest of transitions. Be gracious, kind, and offer lots of reassurances. The third wheel is not a fuck-bot who is there at your convenience, unless you are paying them by the hour.

■ Just being naked together, feeling relaxed, and opening up sexually is a major accomplishment. Pay attention to the chemistry of the threesome rather than to your own need to get off. Don’t try to script your threesome. It may take a couple of times together before the three of you find your groove.

■ Your primary concern should be that your partner feels loved and valued by you. This may mean paying more attention to your partner than to the third wheel—unless you agree that one of you mostly wants to watch.

■ Be sober enough to legally drive. If you are too anxious to proceed without getting stoned or plowed, consider it a sign that this isn't something you should be doing.

■ Don't be afraid to stop half way through the lovemaking to talk about what's going well and what could be going better. With three, you need to huddle often.

■ There could be a time during an MMF when the woman is on all fours and is doing oral on the guy who's in front of her while the other guy is behind her and thrusting, aka "spit roasting." The male who is thrusting into her vagina or rectum needs to check in with her about rhythm and depth, since his thrusting might be causing her to gag on the penis of the guy who's in front. Likewise, the guy in the front needs to establish a comfortable pelvis-to-face distance. Both males need to be aware that the woman is between a rock and a hard place. You will probably need to work out a nonverbal signaling system, given what's in her mouth and all. In an FFM, if the man has his penis inside one of the women who is giving the other woman oral sex, he needs to check in with her about the best speed and depth for thrusting. Otherwise, his thrusting might be making it difficult for her to perform oral sex.

■ Make sure your phones are turned off and the kids are safely away at their grandparents'. Use a hotel or another location if there's any chance that teenagers might show up, and don't even think about doing this when you are on-call.

The Morning After

No matter how enjoyable your threesome may have been, it's possible you will wake up the next morning with worries and bad feelings. Some people in this day and age still feel shame after they masturbate, and that's nothing compared to having two penises in them at the same time or their first same-sex experience while their spouse was watching.

Try to make sure no one leaves with self-doubt. Take the time to express your thanks and gratitude to one another—to both your primary partner and to the third wheel. If you enjoyed the experience, it's important to send the third wheel something like flowers if she's a woman, or perhaps something manly if he's a guy. Be sure the card has both of your names on it, and maybe a separate line from each of you if you are an established couple.

An established couple has each other to talk over any morning-after doubts with; the third wheel has only him-or herself. The flowers or gift will help with that process. Do not slip up on this one. Doing something nice for the third wheel and talking over your post-threesome feelings with your partner are as important as all the planning that went into making the threesome click, especially if you had a good time.

When You Are the Third Wheel

There is a certain freedom in being the third wheel in a threesome. If things don't go well, you can avoid seeing the other two again. They probably live together and won't have the option of avoiding each other, although they can also comfort each other.

■ Always meet with the couple ahead of time to get a sense of your chemistry together. Talk about the things the three of you might like to try. Whether you are male or female, it's an important time to discuss the kinds of things you will and won't do. Come up with safe words that will either slow or stop the action if you find yourself feeling overwhelmed. Discuss everything from STIs to birth control. Don't assume that because they are a couple they have their act together.

■ You will most likely be joining an established couple with lots of history together. As a third wheel, you will need to deal with the reality that you are the third wheel.

■ If you are a woman, it's likely that a big part of an FFM threesome is for you to explore sexually with the other woman. If it ends up being all about pleasing the man, consider bailing early unless he's the chair of your dissertation committee.

■ You will be having an intimate experience with three separate entities as opposed to two. You will be dealing with each of the others as individuals, as well as with them as a couple. The couple may have its own dynamics that are different from those of the individuals who make it up. In some threesomes, being mind fucked can outpace the body-fucking. You didn't sign on to do couples therapy. If you find yourself being placed into that role, BAIL!

■ Things might go spinningly well, or they could get very weird. If the threesome starts to get weird, don't hesitate to suddenly remember an important meeting or a sprinkler you are sure you left on. Don't be afraid to call it a day, no matter what stage the threesome is in. Do not for a moment

be intimidated because it's them against you. If you start feeling this is the wrong situation, grab your pants or purse and make tracks for the door. Be sure to drive to the location separately, or have an escape route that doesn't depend on them.

■ The three of you will have a much better time if you don't feel the need to prove what sexual all-stars you are. This is a time to blend, rather than stand out, unless they have specifically asked you to have your way with one member of the couple while the other watches.

■ If you are a third-wheel guy in an MMF, seek the other M's approval before trying things with his partner, even if she's inviting you to do it. It's not like you need to check with his attorney, a simple moment of eye contact and a confirming nod are all that's needed. Likewise, if you are a woman in an FFM, you're not there to upstage the other woman. Be respectful, and the chances are good you will receive pleasure in spades.

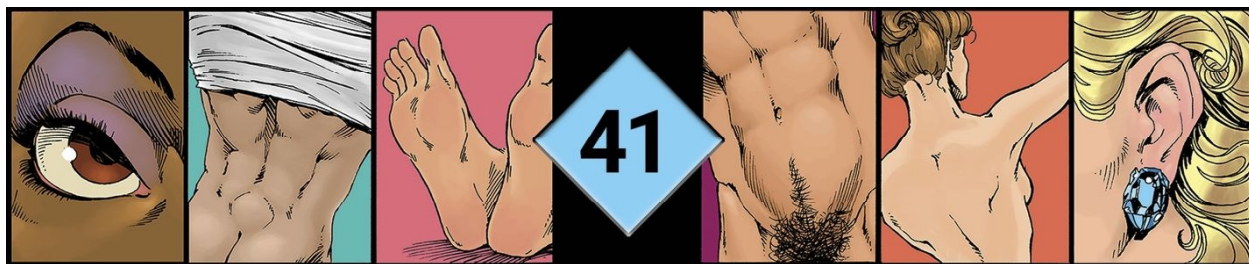
■ Ah, the single-dude dilemma. It is going to be significantly more difficult for a single man to find a willing couple for a threesome than it is for a single woman. It's the same problem with almost every species on the planet, be it a single male elk, sea lion or homo sapien.

■ This is probably just psychobabble nonsense, but try to think about any less-than-conscious reasons that might be propelling you, as a single person, to have sex with an established couple. Freud might wonder if it has something to do with unconsciously wanting to outdo one of your parents. Some of Freud's followers might wonder if it has to do with wanting to be loved and taken care of by an idealized mommy and daddy. Again, we all do sexual things with motives. That's no reason not to enjoy the experience. But being more aware of it can sometimes help us from getting stuck in situations that aren't always the best.

■ Make sure that someone knows where you are going, including the address and phone number. You don't have to tell them what you are doing, but leaving a trail and an expected return time is never a bad idea. This is just as true for males as for females. The only exception would be if you already

know the people. While joining an unknown couple for sex is probably no more dangerous than joining an unknown single for sex, taking precautions is in order.

■ Just because they are married and say they are disease free, don't believe it. Be sure to bring your own condoms and lube.



Double Penetration

Some women will tell you one penis is trouble enough. But if you've got two in your crosshairs or shorthairs, this might be the chapter for you. Double penetration is for the woman who wants a pelvis full of penises. It requires two male partners or a male partner and a dildo. One penis is in her top bunk (vaginal intercourse) while the second is in her bottom (anal intercourse), although double penetration can also refer to two penises in a woman's vagina. We'll discuss that as well.

Is Double Penetration (DP) Safe?

There have been no studies done on DP and there is little in the medical literature about the safety or danger of it. Since the tissue between the vagina and rectum isn't exactly made of Kevlar; it could possibly tear. It's thin enough that if you put a finger in a vagina when you are having anal sex, you can easily feel the penis. So appreciate that there may be risks.

If you enjoy anal and vaginal insertion, remember to scrupulously clean anything that's been in the bum before it touches a vagina. These are two different environments with two different sets of microbes. Brown should never see pink.

Nina Nails It

In porn star Nina Hartley's *Guide to Double Penetration* video, Ms. Hartley is very vocal about guiding the other actors. She tells them what feels good and what doesn't in no uncertain terms. Think about that. Here's a very intelligent experienced porn pro who has hand-picked her double penetration partners. You would think Ms. Hartley wouldn't need to say a word to them about what feels good. Shouldn't these veteran porn stars automatically know? But the opposite is true. Nina Hartley doesn't expect anyone else to know what's going on inside of her body. She uses humor and respect, but she lets her partners know what is and isn't working for her. If you are going to try DP, consider doing the same as Nina Hartley.

Also keep in mind that even Nina Hartley avoided doing double penetration until she was more than forty years old and her financial backers "encouraged" her to do a *Nina Hartley Guide to DP*. If DP is something you are interested in, it is important for a woman to know her body and to be able to communicate what is going on inside of her. If she can't do that effectively, there's no way she should be hosting a double penetration. The same is true for having partners who value feedback. Perhaps Nina Hartley hand-picks her porn partners not so much for their physical skills, but for their ability to listen and learn.

One Woman's Experience with Two Different Sets of Dudes

Consider the experience of a reader who has tried double penetration with two different sets of guys. She hated it with the first set, but liked it so much with the other two that they've repeated it a couple of times.

The first pair of men were homophobic, so their need to avoid touching each became more important than her pleasure. She said they also had a macho "slam-her-hard" thing going on. She thinks they had watched too much porn.

The second set of men weren't gay or bisexual, but they weren't afraid to make physical contact with each other. They could work as a team instead of as two men who were trying to out-straight each other. This allowed them to focus on what was and wasn't working for her, and they quickly became three partners in sync.

If you are a man who would have a meltdown if another guy's arms, legs and testicles were touching your own, DP is not for you. If you would be uncomfortable feeling another guy's penis through the thin wall between a woman's vagina and rectum, forget the Robin-Batman thing, not that Robin and Batman wouldn't have been overjoyed.

The position this woman liked best was for the man who was doing the anal insertion to be lying on his back. She would sit on top of him facing his feet (reverse cowgirl) while sliding his penis into her butt. She would then lay all the way back, resting her entire body on top of him. That way, she didn't have to worry about him getting too aggressive with his butt thrusting. The other man stood at the edge of the bed or knelt in front of them and entered her vagina from above.

Or perhaps the position that will work best for you is when all three of you are on your sides, or maybe with the woman on all fours above the guy who's in her vagina while the buttman kneels or stands at her rear. You'll need to try different positions and rhythms to see what works best for the three of you. Also keep in mind that most porn actresses have rectums that can handle big rigs. Your bum might not be nearly as well practiced.

Thrusting and More

Like every other aspect of DP, who thrusts and how hard should be the woman's call. She may want one partner to be thrusting while the other is still. Or maybe she'll want one to thrust slowly and stay shallow while the other thrusts hard and deep. There can be dozens of possibilities. You won't know what works until the show has begun.

Also be aware that a woman might become so overwhelmed by getting twice the bang from her bucks that her ability to speak can become less than optimal. So before zippers get unzipped, work out a nonverbal signaling system. If she doesn't know her body's cues for when it is getting overwhelmed, she shouldn't be trying double penetration. This is no time for passivity when so much male energy is coming at her from both sides. *If there is any pain or discomfort as opposed to feelings of fullness, you need to immediately stop.*

People who are attempting double penetration should not be drinking, getting stoned or doing drugs. These will keep you from being aware of important body signals and sensations. And do not use lube that causes numbing or reduces sensation.

All three of you need to agree that your goal is having fun together as opposed to achieving double penetration. If the chemistry is right but DP feels like a stretch, you can try to make it work during your second or third time together. If the chemistry or timing isn't right, why force it?

A woman who is having DP needs to be comfortable receiving anal sex. To practice, she should try popping a butt plug into her rear while having vaginal sex with her regular partner. However, doing this the other way around (dildo in vagina, penis up butt) can result in the dildo turning into a missile and shooting across the room once her vaginal muscles start to contract.

Things to assemble ahead of time include towels, condoms and lube. Banish your phones and arrange plenty of uninterrupted time. Since a double penetration involves three people, the previous chapter on threesomes should be helpful. It has info on everything from hooking up with a third to the dynamics of three people having sex together.

Double Vaginal Penetration

In spite of this being a chapter on double penetration, it's not something every woman wants to try. And that's double penetration done the "old fashioned" way, with one of the penises in her vagina while the other is up her bum. There are even fewer women who want to try double vaginal penetration (DVP) which is when two penises are in a woman's vagina at the same time. However, some women do have DVP and enjoy it immensely.

If you are considering DVP, a way to simulate it or practice is for a woman to have a dildo in her vagina at the same time as her partner's penis. As for the different positions for DVP, you can do a search for "double vaginal" on porn sites such as Pornhub or Xhamster. However, it's important to remember that porn actors and amateurs who upload porn are way more experienced at doing this than just about anyone else on the planet. They will be doing it far more vigorously than is advisable, and they will magically know what to do as opposed to going slowly and finding what works best. Unlike Nina Hartley, porn actors rarely give each other feedback and they almost never stop if there is pain or discomfort.

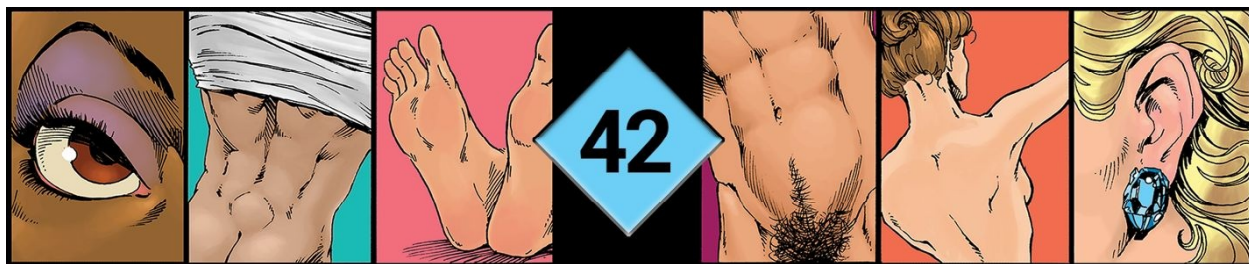
So if you are going to try double penetration, it is essential that you give each other an abundance of feedback and that there be collaboration among all three partners. Talk about it beforehand. Discuss how you will signal each other if you are experiencing pain or discomfort, as well as how you will inform your partners when it's feeling just right.

You will need to experiment with different positions and ways of thrusting to find what works best for the three of you. If the woman feels any pain as opposed to fullness, you need to immediately stop.

If you have doubts or questions about double penetration, be sure to discuss them with your healthcare provider beforehand :-)

Resources:

Nina Hartley's Guide To Double Penetration from Adam & Eve (thanks to Sinclair Intimacy Institute for sending it) and Michael Ninn's *Double Penetration*, *Double Penetration 2*, and *Double Penetration 3*; not yet available at Target.



Between Vanilla & Kink

“Why is it that some men just can’t deal with the idea that a smart, together, professional woman like me can actually deserve their respect and still want to be thrown down on the couch and pounded like a cheap steak now and then?” —Hanne Blank in *Clean Sheets Erotica Magazine*

In the world of sexual pleasure, “vanilla” is usually defined as masturbation, hand jobs, finger fucking, oral sex and vaginal intercourse. Then there’s kink. Kink is harder to define. It can be anything from spanking and biting to what goes on in your local BDSM dungeon.

So what happens when someone who is usually in the vanilla camp wants to borrow from the kinky side to spice up his or her sex life? That’s what this chapter is about that. It’s made up of your answers to this question about kink our sex survey: *Are there types of non-vanilla sex that you enjoy having?* (“Non-vanilla sex” includes being spanked or spanking a partner, having rough sex, biting, restraining or being restrained, acting out a rape fantasy, fisting, peeing on a partner or being peed on, having her put fingers or anything else up your rear, etc.)

Only about 50% of the people who took the survey answered the question. So if half of you have no desire to do anything that’s mentioned in this chapter, you’re in good company. But if you are interested in the occasional walk on the wild side, you are in good company as well. And if you have fantasies about doing things that are kinky but are afraid to tell your partner, you are in very good company!

Your Answers

“Yes or yes, yes, yes, yes or yes, no, no, no or no, no or no.” *male age 18*

“Love some hand spanking and rough sex. Love it when he holds my wrists tight.” *female age 22*

“Biting is fun. Also giving orders or being fucked hard.” *female age 18*

“I don’t do vanilla sex, haven’t in years. It’s one of the reasons I divorced my ex... he wasn’t interested in anything but vanilla. I’m eager to try anything short of urine/fecal involvement.” *female age 25*

“I like rough sex occasionally (being held down and penetrated hard) and some light biting. I have done some role-playing which can be fun.” *female age 28*

“We’re pretty wild. We’re up for everything besides pain, peeing, or scat.” *male age 27*

“I drool thinking about rough sex. I scratch very nicely. I love biting. I love being restraining and being spanked. I love it when he gets ready to come and gently grasps the back of my head while I blow him. I love being controlled.” *female age 19*

“Anal play and fantasize about eating cum out of her pussy or off her body.” *male age 42*

“My partner and I are in a relatively new relationship, and discussing what we might be interested in trying - I’ve never had anything non-vanilla before (neither has he), but we have experimented with very light restraints, biting (but more like nipping – nothing hurtful), and I am interested in forceful sex. I’m not yet sure about a full-on rape fantasy.” *female age 29*

“I would really like to try out some bondage, but we haven’t yet. Maybe tonight.” *female age 26*

“Well, I like it when my partner spanks me during sex... I think I would enjoy being tied up. I would also like to add a vibrator into the mix.” *female age 20*

“When I was having sex with my best friend, she loved it rough. I slammed her up against a door and she got so horny. She loved getting her hair pulled, and wanted me to tie her up. It was a lot of fun, but definitely needs to be with the right person and talked about beforehand.” *male age 22*

“I enjoy biting. While I’ve never been completely restrained, it’s a huge turn-on to be held down.” *female age 19*

“Everything, but fisting and peeing. No poop, blood, or fire. I’m OK with everything else. Not into lots of pain but a little is rather fun sometimes. I love getting bit. Being marked means I was claimed.” *female age 35*

“We do anal play and both enjoy it.” *female age 27*

“I love getting bit. I love restraining her, spanking her and being scratched.” *male age 22*

“I like being restrained and blindfolded because it makes everything more intense. My boyfriend feels uncomfortable about it so there goes that...” *female age 25*

“I really enjoy anal play. She is happy to do it, although she would prefer to use anything other than her fingers. We are looking into toys right now.” *male age 25*

“I like light bondage, being tied up and blindfolded, pinned, and having the control taken away from me. Unfortunately, it hardly ever happens.” *female age 35*

“Being spanked, being restrained (tied down, blindfolded, etc.), rough sex, dominance play and a rape type scenario here and there. We’re a rather kinky couple.” *female age 19*

“I like to be bitten, controlled and restrained. I love the tease. The enjoyment is the wanting to be touched somewhere and not getting it. Oh, and being marked by bites, bruises, and hickeys.” *female age 21*

“My boyfriend and I really like rough sex and sometimes he bites me. We also will sometimes have one partner give directions to the other or have one partner be ‘frozen’ while the other does whatever the other wants to the frozen partner.” *female age 21*

“Being spanked, nipples bitten and rough sex. I do like it when he holds me down, but I wouldn’t want it to last the entire time and I don’t want to pretend that I’m feeling raped. I do really like it when I feel like he

knows exactly what he wants and will take it; I guess I like it when he's very dominant, but I also like being dominant on occasion, too." *female age 23*

"I love having rough sex. When my boyfriend and I are role-playing a robbery or kidnapping, rough sex adds to the 'appeal' of the role play. I like spanking, biting, restraining and acting out of a rape fantasy. We also have sex on every surface we can get to when we're acting out a fantasy." *female age 24*

"I would enjoy being anally penetrated with toys and fingers, but my significant other isn't into that idea." *male age 38*

"I love everything minus rape fantasies and being peed on. I would be fine with all of that every time we had sex." *female age 21*

"I like playful, gentle biting, giving and receiving hickeys, back-scratching (but not necessarily to the point of bleeding), mild bondage and leather play. I have a love for piercings and tattoos and find getting them a bit of a sexual rush." *male age 31*

"I enjoy being spanked while having sex with my partner, but only if we're having sex doggy style and I'm already very turned on. I enjoy rough sex some times, but not regularly or when I'm tired. I like being restrained occasionally, although my husband rarely does that to me. He has also pretended to rape me a couple times, which I enjoy, but he doesn't do it very often because of the aggression of the act." *female age 20*

"I enjoy anal play occasionally. I wish we could be more open about what we like." *male age 36*

"I love being 'taken.' I love rough sex, biting, being restrained or restraining him, and spanking. I also really like using sex toys, like dildos and vibrators. They enhance our experiences a lot." *female age 20*

"I love fingers and toys up the rear. Piss play intrigues me but I haven't tried it." *male age 28*

"Does anal and sex in public count? I enjoy anal for most sexual

encounters. Sex in public took some convincing from my ex.” *female age 32*

“Rough sex, spanking or being spanked.” *female age 32*

“I think biting can be enjoyable and a quick smack on the ass during doggie style is nice. I like it when my husband pulls me toward his body aggressively and restrains my hands. If you saw the size of my husband’s hand you would understand why I would never want to be fisted by him. Fisting seems more like a girl/girl thing with small dainty hands.” *female age 30*

“Having rough sex. I love that a lot.” *female age 26*

“Sometimes I like getting spanked lightly. I also prefer to be the aggressive one and not the other way around. I would rather I bite him instead of him biting me. I would rather I pin him down instead of him pinning me down. My fiance enjoys fish nets, and I swear he could almost get off just by looking at them on me or touching them.” *female age 20*

“Rough sex can be really amazing if we’re both in the mood. I also enjoy women wearing plaid skirts.” *male age 30*

“I have tried rape sex.... don’t really enjoy it. It felt pretty weird. I do enjoy light spanking. I like being restrained as long as I know I can say ‘get off’ and he will right away. No peeing or fisting though.” *female age 20*

“I love being spanked, handcuffed to chairs and blindfolded. I also love schoolgirl role playing, biting, and occasionally being thrown around like a rag doll. I am a very submissive partner.” *female age 19*

“Rough sex, biting, clawing, fighting a little, being restrained and hair pulling (mine and my partner’s).” *female age 20*

“I love everything plus the piss. For some reason I am turned on by urine. It’s not something I advertise for or roll out early in a relationship. I love light BDSM, especially getting tied up. My interest wanes as soon as the actual pain ramps up.” *female age 28*

“I enjoy performing anal sex on myself and being fingered while being

jacked off. I like to watch women pee, I like to be peed on and pee on my partner. We enjoy public flashing and public sex and nudism. I enjoy watching others naked and having sex, and I also enjoy being watched while I have sex.” *male age 25*

“I guess if anal sex qualifies as “non-vanilla,” that’s something I enjoy, but only if I’m particularly aroused, which happens less and less often these days.” *female age 27*

“(Blush) I like peeing (both giving and receiving) although it’s been very rare that I find a partner who is like-minded. I enjoy anal play, both giving and receiving. Frankly, if my partner enjoys it, I’m not really above doing anything. Her pleasure is the greatest aphrodisiac there is.” *male age 40*

“Being on the giving or receiving end of spanking, biting, scratching, wax play and bondage. There’s of at least one of these every time I have sex (about once a week).” *female age 29*

“I love biting, but I hate being bitten. I really want to have sex with someone who won’t stop every time I say “ouch.” I want it rough.” *female age 19*

I’m intrigued by hard fingering and fisting, but I have never done it. I don’t think she is physically able and I don’t want her to get hurt. *male age 35*

“I enjoy strapping on a dildo and having anal sex with a man. My current boyfriend does not want to try this, but I enjoyed it immensely with a previous boyfriend. I also like the idea of restraining my partner, but I have never tried it.” *female age 38*

“I like being spanked, and occasionally doing the spanking; having my hair pulled, pulling my partners’ hair; being bitten (gently), doing the biting; I keep my nails long and it turns me on to scratch or dig my nails into my partners during sex—and most of my partners are very turned on by it. I also like group sex.” *female age 25*

“Light bondage! Both sides, please. I love rough sex, although not to the

point of pain. And anywhere that's not a bedroom is sexy, even though beds are comfortable." *male age 25*

"I like being spanked, biting, being restrained and eating desserts off each other. I am open to most things. Just not peeing, pooping, screwing animals or eating flesh. Oh, or fucking dead people. That's a no-no."

female age 23

"Love being spanked and caressed and receiving love bites. I love holding my feet in the upside down straddle stretch and being pounded and adored. Being restrained by strong arms is nice." *female age 23*

"My partner and I are rather kinky. We enjoy spanking, rough sex, rape fantasy, fisting, biting, restraint sex, role-playing, and on occasion, we've even yiffed. That was a bonding experience." *female age 21*

"I like to spank, and dominate my partner. I'm always switching between slow caressing and dominance. I would like to restrain her and try role playing." *male age 21*

"I really enjoy being bitten and restrained." *male age 41*

"I love rough sex when I'm in the mood for it. I love being restrained and restraining others! I can get a little kinky at times. I still don't think my current partner knows how to take me sometimes." *female age 23*

"Whoa! Yeah, I like to spank. If I like the girl I want to be spanked. The more involved I am with a girl, the more I want from her. If she likes to bite - awesome. But if she's doing it because she saw it in a video and is trying to impress me - lame." *male age 19*

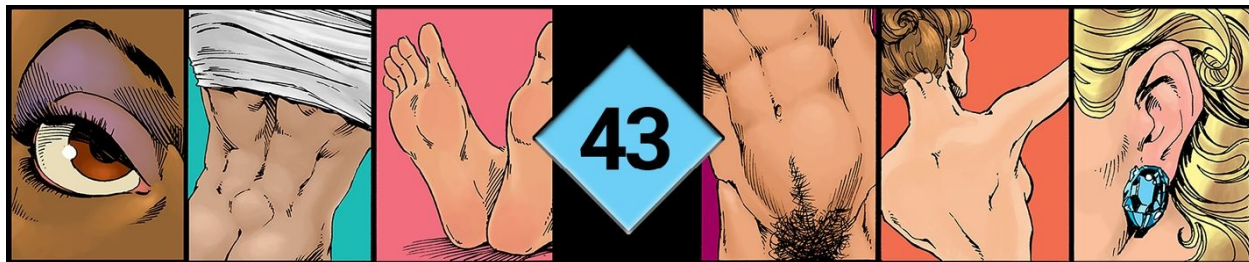
"I like being spanked and spanking my partner, having rough sex, biting, restraining or being restrained, being dominated, acting out a rape fantasy, fisting, peeing on a partner or being peed on, taking dumps together and having a finger in my rear - especially hers. I love non-vanilla sex." *male age 18*

"Nearly every time I have sex, there's some sort of rough element, whether it's spanking, scratching or biting. I definitely enjoy being

restrained or restraining my partner. But if I don't want my hands held down I'll move or try to move them. I love the idea of being dominated or overpowered. On the other hand, I hate the idea of a being a "submissive bitch", but there's something about being controlled and dominated that is erotic. Don't get me wrong, it's a give and take. I'll be restrained, but I'm going to want to give it back." *female age 21*

"Yeah, I enjoy being tied up and I tie her up. I love blindfolds and anal play. We'd like to find a way to wrestle and have sex at the same time, but keeping the penis in the vagina while wrestling doesn't work very well. At least, we haven't found a way to do it." *male age 24*

"With some girls it feels appropriate to be gentle. With other girls it gets rough. I guess I'm a sexual chameleon or something." *male age 25*



Kinky Corner-Spanking and More

If serious kink is what you are into, then you should probably find a credible group of people in your community who are into the kind of kink you like. This chapter is more for couples who occasionally want to spice things up with a bit of kink. It also gives an overview of fetishes, fisting, and crossdressing,

Spanking

After asking more than a thousand women on our sex survey about their most favorite sex fantasies, the two that were at the top of the list were threesomes and being spanked. Nothing else came even close. Since [Chapter 40. Threesomes](#) and [Chapter 41. Double Penetration](#) have threesomes covered, let's take a page or two to focus on spanking. Janet Hardy, who is the author of *Spanking for Lovers*, was kind enough to list some of the basics:

1. Talk beforehand about the “flavor” of the spanking. If one person wants something strict and punitive, and the other wants something playful and erotic, you're headed for trouble. If you find that one of you wants one thing and the other wants something else, perhaps you can find a compromise, or make an agreement to take turns. However, you'll need a way that either of you can signal “this is more than I want to do right now,” an agreement that “no means no,” or a codeword or “safeword” that allows you to joyously scream “No please no stop!” while still having a way to end the spanking if something goes haywire.

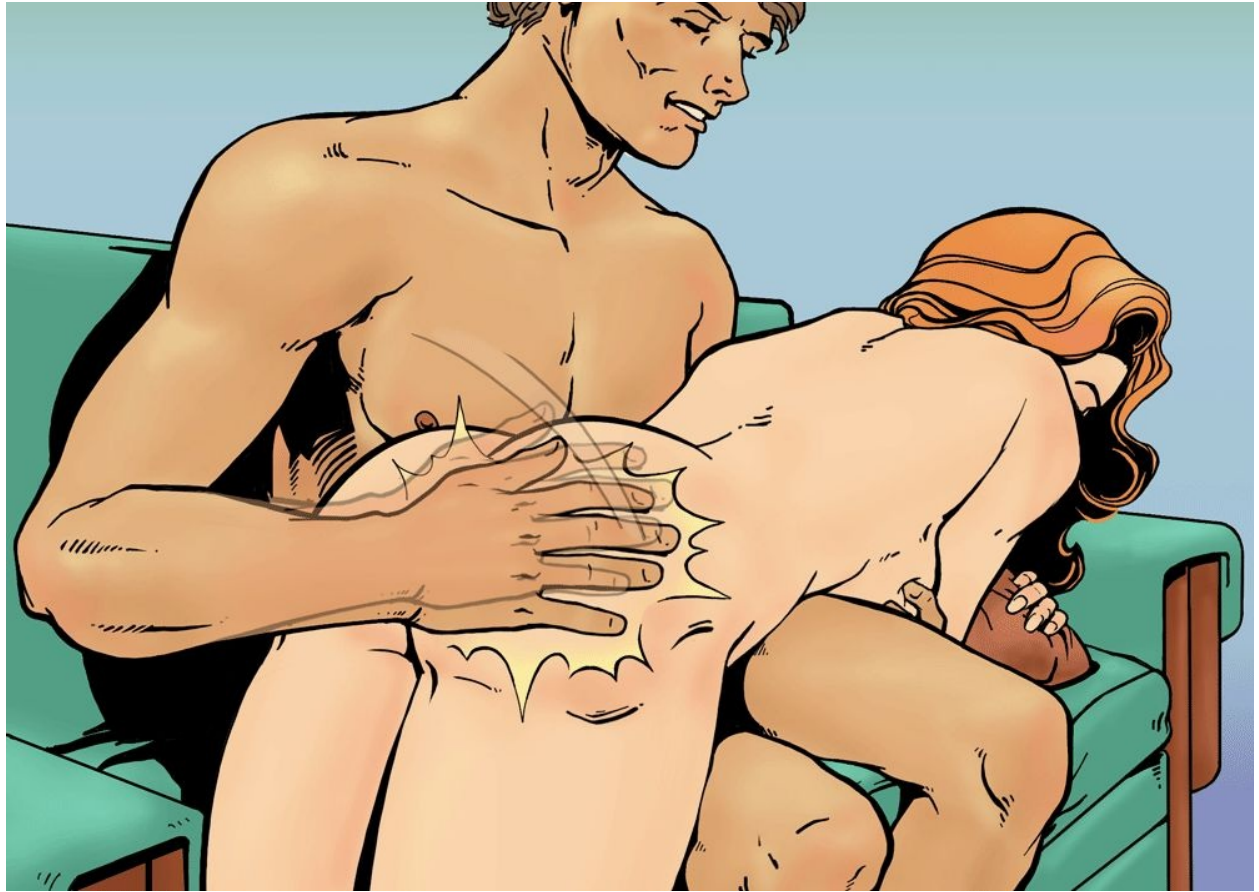
2. Do some warmup first, starting with not much more than pats, and gradually build up the intensity from there. A warmup gives both players a chance to fall into the mood, as well as giving endorphins an opportunity to flow. I strongly recommend that you start with handspanking. A hand has a built-in feedback device (it may not “hurt you more than it hurts them,” but it does hurt you at least a bit), and almost all spankees love and appreciate the intimacy of a handspanking.

3. For most people who are being spanked, the lower inner quadrant of the buttock is the sexiest part, and the lower buttock in general is better padded and more likely to respond well. Very few spankees can eroticize strokes to the upper part of the butt. Opinions vary about being spanked on the upper thighs, and for almost everyone it's harder to take than strokes to the lower buttock. Also, have the spankee show you where her or his tailbone is, or feel for it yourself. Many people think that the tailbone is at the top of the buttcrack, but it's usually a couple of inches lower. Strokes to the tailbone, which has almost no muscular or fatty protection, hurt in a very non-erotic way, and can sometimes land someone in the hospital.

4. If you've done a few sessions with handspanking and feel like you want to move onward to implements, I recommend a small leather paddle. (I like the ones that have fur or fleece on the B-side so that you can soothe between spans). For now, avoid hairbrushes, wooden spoons, wooden paddles, etc., which are *much* more intense than many people realize - I've met very few people who actually like them. If you're using any kind of flexible implement, like a switch, cane, strap or flogger, practice for at least an hour or two on an inanimate object like a throw pillow (look for one that has a "target" like a central button or a visible pattern) or quilt, to make sure you can land the end of your implement on the place you want it to go.

5. Many spanking fans are turned on to over-the-knee positions, but if you're not young and thin, they can be so uncomfortable for both parties, and they can detract from what you're trying to achieve. A compromise is for the giver to sit on a couch or on a bed with their back supported by the headboard, and have the receiver lie across their lap so that their chest and legs are supported by the surface.

With a very special thanks to Janet Hardy, author of *Spanking for Lovers*, *The Ethical Slut*, and many other fine books.



BDSM

BDSM often involves fantasy, role playing and an exchange of power. It can include the application of pain, humiliation or restraint. If it's what turns you on, it can be an endorphin rush that's like a runner's high. BDSM frequently includes one person taking power and the other giving it up. It can involve physical or psychological surrender, helplessness and trust.

An out-of-date perception about BDSM is that the person who takes the dominant role makes all of the decisions. Deciding on the scenarios and what's being done should be shared equally between all partners. Before anyone surrenders to anything, BDSM requires full consent.

People who are drawn to BDSM often enjoy being rendered passive. They don't have to worry about being a "good" partner who provides pleasure in return. Performance anxiety is eliminated. This can be especially appealing to individuals whose jobs require them to be in charge and in control.

Bondage by Choice — A Feminist Contradiction?

Feminists or social progressives (whatever that means) sometimes feel they are deserting their cause if they enjoy being submissive. Consider a feminist lawyer whose favorite fantasy is being tied up and sexually violated. She acts out this masochistic fantasy with her male lover. The reason this doesn't contradict her political beliefs is because she's the one with the freedom to choose what to do with her own body and who to do it with. In the criminal-rape cases that she handles in court, the rape victim had no choice. The act was forced upon her, rather than being part of a shared fantasy between two consenting adults.

Serious and Heavy Bondage

“Maddie’s path to discovery was a gradual process. She’d been kinky for pretty much as long as she could remember. She remembered the teacher finding her tied up to the swing set at the end of recess. She didn’t just play ‘doctor’ as a young child, she played mad scientist. Her vision was pretty dark, involving elaborate punishment scenes in a neighbor’s basement. Not surprisingly, she was usually the one who got punished. She has a half-formed memory of having a bucket of coal poured over her crotch while she moaned and writhed in semi-protest. She can still remember the absolute feeling of erotic surrender, the feeling of loss of control. That memory has a sexual charge for her even today. These dirty little games continued until the inevitable discovery by a parent, at which point they abruptly ceased. She doesn’t remember seeing those kids much after that. During the teenage years, her sexual awakening seemed to always involve some sort of power exchange dynamic. She chose older boys, the dangerous ones, who would use her. And she submitted to this, sometimes with great drama, but some weird little part of her loved it. The pain of losing her virginity was one of the hottest moments of her life. Unhealthy? Hell, yeah. Self-destructive? Absolutely.”

—From *The Kinky Girl’s Guide to Dating* by Luna Grey.

BDSM can be a world of whips, chains, ropes, melting candle wax and devices that might put a chill up the spine of just about anyone. In BDSM, the following acronyms apply: B&D = bondage and discipline; S&M = sado masochism; D&S = dominance and submission; BDSM is a blanket term for pretty much all of it.

In BDSM, having an orgasm isn’t nearly as important as the scene itself, with its undercurrent of domination, submission and sometimes humiliation. People who are into bondage seem to process pain differently than people who aren’t. They find doses of sexual pain to be invigorating and intimate, assuming it’s done in a context they find arousing.

If you’d like to get into BDSM, don’t pick up a stranger who enjoys beating the crap out of people and confuse that with bondage. In BDSM, there are

established rules and etiquette that keep the participants from getting seriously hurt. Mind you, the definition of seriously hurt is a personal matter. If bondage is what turns you on, learn the rules and make sure that your partners know and respect them.

In almost every large city, you will be able to find an established bondage club. These clubs often have extensive calendars of events, including talks, demonstrations and social gatherings. You will often be safer in joining one of these established clubs than by experimenting on your own. You might also be amazed at how many educated, kind and helpful people you will meet at the established clubs. You might even meet some PTA parents from your kids' school!

Also, don't get roped into thinking that mild-mannered people prefer being bottoms (slave or submissive role) and that aggressive types prefer being tops (master/dominator/dominatrix). There are plenty of business executives, lawyers, doctors, politicians and policemen who prefer being on the bottom. In fact, it's well known in the bondage community that a good top is hard to find. It's also true that a number of people into BDSM enjoy alternating roles between top and bottom.

BDSM — Safety Considerations

Whether you only use bondage once a year or are a dungeon regular, Jay Wiseman, author of the highly regarded book on BDSM titled *SM-101*, makes the following suggestions:

■ Anytime a body part that is tied up feels numb or goes to sleep, untie it immediately. Never tie anything around a partner's neck.

■ In anticipation of catastrophes like fires, earthquakes or an unexpected visit from your mom and dad, be sure to have a flashlight and a pair of heavy scissors handy. *SM-101* recommends paramedic scissors, which can be found at medical-supply stores. They cut through almost anything except handcuffs. Keep the scissors and flashlights in a place you can readily find in the dark. Ditto for the handcuff key if that's what you are using. Better yet, tie the key to the handcuffs with a string.

■ Never leave the person for long, and check them often. If any injuries were to occur, you would be legally and morally responsible.

■ Always establish a safe word or gesture which means to stop. Some people use "red" for stop and "yellow" for easing up a little. No one who is seriously into dominance and submission uses "stop," "don't," or "no more" for safe words, since any good bottom says them often and seldom means it.



Look at how her wrists are bound! This can cause wrist damage and is NOT the way you want to do it. Splurge and get some fake sheepskin cuffs or look online for the latest in restraints and bedroom bondage accessories.

Breath Play or Erotic Asphyxiation—DO NOT DO THIS

A reader reported that he puts his hands around his partner's neck and squeezes tightly when they are having sex—at her request. She says it makes the experience feel more intense. He is concerned. This is called *breath play* or *erotic asphyxiation*. It's also referred to as *scarfing* or *terminal sex*. The side effects can include death and brain damage. There are two groups of people who enjoy *breath play*: males who partially suffocate themselves while masturbating, and couples where one partner likes to be choked.

Boys and young men who are known as *baggers* or *gaspsers* put plastic bags over their heads or tight ropes around their necks while they masturbate. *Baggers* are often white, straight and middle-class. They fit in well socially and they keep their sexual secrets well hidden. Up to a quarter of them wear women's underwear while they are masturbating on death's doorstep.

Several boy baggers die each year in this country. Their deaths are often reported as suicides. But people who are trying to kill themselves don't hang from door knobs and they don't design safety releases into their death devices. Boy baggers fully intend to free themselves after squeezing out their blurry-eyed orgasms.

Horried parents will often spruce up the death scene before the ambulance arrives. Instead of being reported as masturbation gone awry, the coroner thinks it's a suicide. None of the kid's friends can understand why someone who seemed so well-adjusted would want to off himself.

The other group who are into breath play are normal-appearing couples. They have no fear of the boy-bagger's fate. They assume the person who is applying the pressure is like a designated driver who can put the brakes on before it's too late. "Not so!" says BDSM expert Jay Wiseman:

"As a person with years of medical education and experience, I know of no way whatsoever that either suffocation or strangulation can be done in a way that does not put the recipient at risk of cardiac arrest. If the recipient does arrest, the probability of resuscitating them, even with optimal CPR, is distinctly small."

You could be hooked up to state-of-the-art heart monitors and have a board-certified cardiologist for a sex partner, breath play would still be like playing

Russian roulette. Another thing that has healthcare providers concerned is the risk of brain damage. Charles Moser, a physician who is highly respected in the world of kink, worries about the long-term consequences of breath play. Yet choking and breath play continues to be prominently featured in a popular genre of porn known as *rough sex*.

Fetishes: An Overview

There once was a popular song where a man was imploring his lover to take off all her clothes, except for her hat. If a man can't enjoy sex unless his partner has a hat on, we might say he has a hat fetish:

FETISH—1. Reliance on a prop, body part, scene or scenario in order to get off sexually. 2. The prop can either be fantasized or exist in actuality. 3. A philosopher has described “fetish” as being similar to when a hungry person sits down at a dinner table and feels full from fondling the napkin.

If both people in a relationship enjoy the same fetish, then its presence is a welcome event. But if only one partner is into the fetish, the other person might feel that she or he is not nearly as important as the fetish itself. For instance, the woman in the *Leave-Your-Hat-On* song might start to feel like a human hat rack.

Fetishes come in many different forms; some include objects, others include actions that need to be repeated over and over.

Normal Sexual Turn-on vs. a Fetish

Let's say your boyfriend loves to feel your legs when you have pantyhose on. You enjoy the extra attention, but your sister says it's a fetish. As long as it feels like your partner is more turned-on by you than the pantyhose, they are probably just a fun prop for him. He won't go into sexual mourning if you swear off pantyhose for no-show socks. But what if he can't become aroused unless you are wearing pantyhose, or he gets off more and more by your pantyhose and you feel like a mannequin? That's when you're probably dealing with a fetish.

Some people have fetishes for objects or materials like leather, rubber, latex, underwear, shoes, socks, boots, smelly feet, hair, breasts and even adults who wear diapers as a sexual turn on. Other people with fetishes have scenarios or fantasies that they get off to, for example, the guy who likes his partner to urinate or defecate on him. Or the fetish might be as hidden and subtle as the kind of haircut his partner has. He suddenly goes bonkers if she changes it. (Ever notice how some guys date or marry only women who are the spitting image of each other? Is it the woman he loves, or a certain look she has?)

People with fetishes sometimes get comfort from the fetish that they can't get from human beings. The fetish becomes the missing piece that completes their sexual circuit. It isn't demanding or humiliating like a real-life partner can be. (It's far easier to control a pair of pantyhose than to control the woman who is wearing them!).

One problem with having a serious fetish (aka paraphilia) is the loneliness that can sometimes be a part of it. No matter how many times you fondle them, a pair of rubber panties or a woman's feet can go only so far in providing the closeness that many of us value in a sexual partner. This is why fetishes are sometimes referred to as a compromise between the fear of human closeness and the need for it.



Is this activity:

a. fun

b. a fetish

c. both

d. who cares?

This wouldn't be considered a foot fetish if it is something you enjoy doing but can also do without. Psychologists would call it a fetish if the man couldn't become aroused without seeing or touching a woman's feet, or if her feet were so important that he needed them in order to become sexually excited. How do psychologists know? Because they are as kinky as anyone else.

Crossdressing

Some women occasionally dress up like men, to the point of wearing a fake penis. This is a form of accessorizing known as “packing.” But most crossdressers are men, where a penis just gets in the way. Crossdressing is the way that men who have an inner woman or an inner vagina allow her out to play.

The only reason crossdressing was placed in this chapter is because none of the other chapters of this book felt it belonged, which is the dilemma that most crossdressers face. The following is by Amy Bloom in her book, *Normal—Transsexual CEOs, Crossdressing Cops, and Hermaphrodites with Attitude*:

“Heterosexual crossdressers bother almost everyone. Gay people regard them with disdain or affectionate incomprehension, something warmer than tolerance, but not much. Transsexuals regard them as men ‘settling’ for crossdressing because they don’t have the courage to act on their transsexual longing, or else as closeted gay men so homophobic that they prefer wearing a dress to facing their desire for another man. Other straight men tend to find them funny or sad, and some find them enraging...”

There are hundreds of thousands of male crossdressers in the United States alone. Many are quite masculine when they aren’t wearing a bra and panties, and many appear quite masculine when they are wearing a bra and panties. These men are often married to women and enjoy having sex with them. A lot of crossdressers value their sports-page loving side as much as their inner girlfriend, but struggle with finding ways to enjoy both at the same time.

Contrary to what you might imagine, male crossdressers aren’t necessarily drawn to professions that welcome a guy’s feminine side. The average crossdresser is as likely to be a baseball player, fireman, policeman, auto mechanic or business executive as a hairdresser or florist.

Crossdressers have a crush on their female persona. She often calls to them, imploring them to give her life by dressing as a woman. The bra becomes her breasts, the panties her vagina that crossdressers so often love. Standing in front of a mirror, admiring his “breasts and vagina,” will allow some crossdressers to have the erection they need in order to masturbate. Other crossdressers don’t want to be reminded of the male genitals that are tucked beneath their frilly

lingerie.

Therapy will not change a crossdresser's need to crossdress. However, if a man is compulsive about crossdressing, therapy can help him with that. Many crossdressers hope that marriage will cure them of their desire to dress like a woman. But the envy and allure of a wife's underwear drawer will soon rear its head and so much for good intentions.

Men who are reading this book while wearing their favorite DKNY dress might be concerned about being found out. This is a fear shared by many crossdressers who are not out of the closet.

If you are a wife or girlfriend who suddenly discovers your man has a secret cache of frilly garb, try to give yourself a three-month chilling-off period. Talk to your partner about what he does and why. He must love you a great deal if he's worked so hard to hide something that's so darned big. If you can, check out the site of the Society for the Second Self or Tri-Ess at www.tri-ess.org. This national organization is for crossdressers, their wives and their families. Search out anything written by Francis Fairfax, particularly the *Wives' Bill of Rights*. Some women also find the books by Helen Boyd to be helpful.

Given how this is not the sort of thing you can necessarily call your mom or sister to talk about, see if there is a support group in your area for wives of crossdressers. The folks at Tri-Ess can help you find them. Ask these wives about what they will and won't put up with. There are plenty of things you don't need to agree to, like meeting your man for lunch when he's dressed like Britney Spears. And if for some reason he thinks he can dress up in front of the kids or gets so deep into the crossdressing scene that he stops being a good husband or dad, crossdressers' wives will offer all the support you need to confront him. In other words, you don't have to condone what he's doing but you don't need to divorce him either.

For a lot of women, it would be easier to accept their husband if he said he were gay. But to see him dressed up like Little Bo Peep and hear him say he's straight? Wives tend to fear they will lose the manly part of their crossdressing man. Hopefully, he'll be the same man he was in bed before you found out about the heels and gown. Part of a wife's fear may have to do with humiliation that someone else will find out.

After chilling out, a wife or girlfriend might appreciate there are worse things a man could do than wear women's clothes, fashion crime that it might be. She might also realize that he has the same good characteristics that he had before she found out about his hidden side.

There's no shortage of publications on crossdressing. Some people value the books by Peggy Rudd, a therapist and the wife of a crossdresser. Others aren't so comfortable with her crossdresser-as-visionary point of view.

Highly Recommended: The book "Alice in Genderland" should be at the top of any crossdresser's reading list. It's by Alice Novic, a crossdressing psychiatrist. And don't ignore www.wayout-publishing.com if you need a gift for a man who crossdresses.

Phone Sex—When 911 Won't Put Out Your Fire

Ever wonder what goes on in phone sex, when a man pays several dollars a minute to get a good talking to? A woman who worked as a phone-sex operator after graduating from an expensive private college was kind enough to offer the following description:

“The fantasies ranged from men who wanted me to physically beat myself on the phone with a hairbrush, to those who wanted me to force them to have oral sex with other men and those who just wanted to hear me have an orgasm. What struck me is that men have more gay fantasies than I would have expected. There seems to be a correlation between men who have powerful jobs and their sexual fantasies. One client, who I later found out was a senior partner in a financial firm always wanted me to ‘force’ him to do things, mostly to other men and sometimes to me. Others wanted to escape from their life, shed their responsibility and their maleness—they explored their imagination with me and pretended I was their dominatrix, their she-male, their whore. I gave them permission and encouraged them to be who they wanted to be and that’s what they needed.”

“I always wondered about clients. I was madly curious. I wanted to know who they were, how much money they made, if they were married, if they were straight and if they were the kinds of guys I knew. And often, I’d ‘interview’ them and I’ll admit that I looked up what I wanted to know why they were calling me, how it played into their real sex life and what I was to them. In some instances, I was the woman on the phone who was their mistress, but in the most controlled way. Some got attached to me and I was fired and then rehired and in my absence, I was missed (as I learned later).”

Vaginal and Anal Fisting (Handballing)

Vaginal fisting is finger fucking times five, with a fist thrown in for good measure. Some women enjoy having a partner's fist inside their vagina. But keep in mind the sex of the partner. Most women have significantly smaller fists than men. A fist the size of a man's could take a potentially pleasurable fisting experience and turn it into something akin to childbirth. Or not.

If vaginal fisting is something you want to try, read everything you can on the subject. Stop immediately if you experience anything but the slightest amount of discomfort. You should never attempt fisting if either of you has been drinking or doing drugs, and you certainly shouldn't try it before reading the advice of women who do it.

Some couples, straight as well as gay, are into anal fisting. Don't even think about trying this unless you really, really, really know what you are doing. The classic book on anal fisting is Bert Herrman's *Trust—The Hand Book* as well as Tristan Taormino's *The Ultimate Guide to Anal Sex for Women, 2nd edition*. Also, there may be organized groups of fisters in your area who give talks and demonstrations.



Dear Paul,

Do you have any advice about going to a dominatrix?

Policeman by Day, Schoolboy by Night

Dear Officer,

To help answer your question, I called my friend Lorrett, who runs a house devoted to BDSM and fantasy play. Here's her advice:

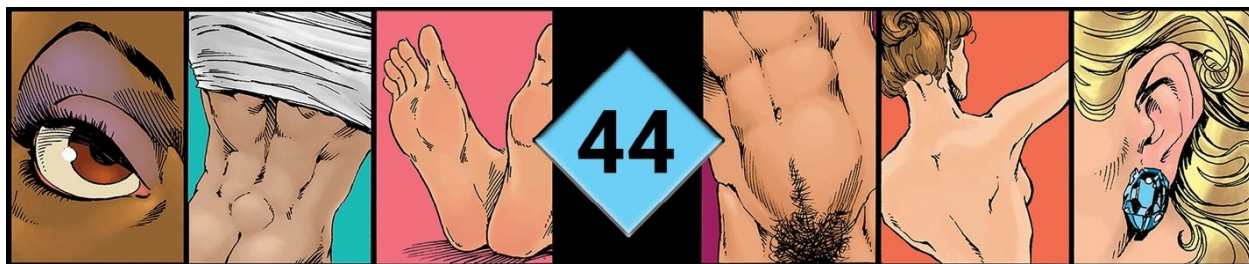
1. BDSM is about creating a fantasy scene, and then acting it out. In creating the scene, you need to talk to the person you are hiring about things like

boundaries, safe words, and how you want the scene to play out. You should feel comfortable with the person, and feel that they are comfortable with you in negotiating the scene. If they come off as being abrupt or domineering when setting up the scene, then what follows isn't going to be play. Instead, you are going to be acting out their agenda, and what follows will be anything but consensual.

2. Trust your instincts. It's fine to be nervous or anxious, but if you feel frightened or uncomfortable, go elsewhere.

In domination and fantasy games, the dominatrix doesn't actually get you off. You are free to get yourself off in her presence, but she won't actually give you an orgasm the way a prostitute will. That's why it's not illegal for you to hire a dominatrix.

A Special Thanks to Lorrett at Fantasy Makers in Berkeley and Janet at Greenery Press—two of the nicest people around.



Sexual Orientation

Sexual orientation refers to the gender that turns you on. If you are a male who is turned on by women, then you are considered to be straight or heterosexual. If you are turned on by both men and women, you are bisexual. And if you are turned on by other men, you are gay. There are also the “mostly” categories, as in mostly straight and mostly gay.

People used to think of “straight male” and “straight female” as being opposite sides of the same coin. Not any more. Some of the top researchers in sexual orientation were kind enough to offer readers of *The Guide* their current thinking about sexual orientation. Consider what Richard Lippa from Cal State University at Fullerton has to say:

“Recent research suggests that the nature of sexual orientation may be quite different for men and women. (I’ve conducted some of this research.) Women’s sexual orientation seems to be more fluid and flexible than men’s, whereas men’s sexual orientation seems to be more fixed, ‘black-and-white,’ and perhaps biologically wired in. For example, recent studies of people’s physiological arousal to sexy male and sexy female stimuli show that heterosexual men are turned on by sexy women but not by men, and gay men are turned on by sexy men but not by women (as you would probably expect). However, women—both heterosexual and lesbian—get turned on by both sexy men and women (which is perhaps not so expected).”

“Western society has become more open about variations in sexual orientation and more tolerant of non-heterosexual orientations and relationships. So it will be really interesting to see how the expression of sexual orientations develops in coming years.”

Here’s what Michael Bailey from Northwestern has to say:

“Increasingly, people are understanding that men and women do sexual orientation differently. Men are straightforward. A man’s sexual orientation results from what causes him the greatest sexual arousal, what kind of person (or animal or thing) gives him the most intense sexual excitement and the most dependable erections.

“Women are different. Increasingly, it appears that women’s sexual orientation is not closely linked to their sexual arousal patterns the way it is in men. I even question whether women have something called a sexual orientation, although they clearly have sexual preferences. Women’s sexuality seems more fluid than men’s, in that it can vacillate between different types of people, and women are known to fall in love with each other and then to revert to a heterosexual identity and life.”

What Do We Mean By “Women’s Orientation is More Fluid?”

When sex researchers ask women to put tampon-like probes in their vaginas that measure their blood flow, they find that just about any kind of sexual stimulus can result in an increase of blood flowing around their vagina. A picture of two hippos humping would probably do the trick. But before you take a woman to the zoo hoping she’ll want to have sex with you, what flows between a woman’s legs and what she’s experiencing in her mind can be very different. As the researchers say: there can be a huge disconnect between vagina and cranium. This makes figuring out women’s sexual orientation much more difficult than figuring out mens’.

There is also the assumption that a lot of women are turned on by other women. This is certainly true for a number of women in certain situations. But if you look at who most non-lesbian women have sex with, a large majority of the time it is with men.

So just because researchers are saying that female sexuality is fluid doesn’t mean that waves of women are going down on each other. Perhaps a better way to put it is to say that when it comes to sex, the theater of the female mind has more potential for variety than the male mind. If the stars are lined up right and the chemistry with another woman is exceptionally hot, all bets are off. But most of the time, most women want to have sex with men.

Beware How the Research Is Interpreted

Just because sensitive probes in women's genitals can detect an increase in blood flow when women are presented with a certain stimulus doesn't mean a woman is feeling sexually aroused. This is something people don't take into account when they hear about studies that show "women are turned on by videos of bonobos fucking" or "women are turned on to videos of rape." There may be an increase in blood flow in the tissues around the vagina and increased activity in certain parts of the brain, but we still have no clue if and how this is related to sexual arousal. So if you are reading studies about women's sexual arousal, pay close attention to what the women actually report in addition to what the MRIs and sensors in their vaginas find.

Mostly Straight” vs “Totally Straight”

If women’s orientations are more fluid than men’s, it might explain the results of our own totally unscientific sex survey. Over the past years, we have received approximately 10,000 sex surveys from visitors to our website. One of the first questions has been, “Please state your orientation as *totally straight*, *mostly straight*, *depends on the time and day*, *mostly gay* or *totally gay*.” Here are the approximate results:

“totally straight”	“mostly straight”
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other categories			
males	80%	15%	5%

females	45%	45%	10%
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We've also tried to design a nonthreatening question about same-sex interest. We have tried to make the question as safe to answer as possible, since even a hint of same-sex interest can make male survey takers come unglued. Here's the question in one of its many incarnations:

"If our society did not care or notice, and if your girlfriend and best friends thought it was perfectly normal and OK, do you think you might ever consider experimenting sexually with another guy to see what it was like?" (For the women's version, we changed girlfriend to boyfriend and guy to woman.)

The vast majority of the women replied, "Sure!" or "I have already thought about it and am wondering how to make it happen," or "It's nothing I would seek out, but if it happened, I might go with it."

It was a very different story for the male survey takers. A number of them flamed in all caps, "NO FUCKING WAY" or "I'M NOT GAY!" Around 30% did say "Maybe" or "You never know." Most said, "It's nothing that interests me." (We are pleased to report that the amount of angry flaming has gone down in the last few years. Maybe society is changing, or maybe it's because there are more gay males in hit TV shows. Unfortunately, given the rhetoric of the last presidential election, there still seems to be a strong undercurrent of homophobia in America.)

As for why most males describe themselves as being either totally straight or totally gay, it could be that most males come out of the womb with an orientation that says "either straight or gay" with no wiggle room. But what about males who are sitting on the fence? Perhaps they are part of a smaller group of men whose orientation isn't set in stone. It could be that culture and their family environment can have a significant influence on the sexual orientation of some men.

Wet Panties Have Their Advantages

If a woman becomes aroused at the sight, smell, or touch of another woman, she doesn't have to worry about being found out. If she's undressing with another woman and finds the situation to be arousing, she can smile inwardly and enjoy her feelings without having to camouflage an emerging erection. She doesn't even need to think of her feelings as sexual or as homosexual.

But if a guy gets an erection when he's around other guys, it's not something he can ignore. He knows who is turning him on, which is not always the kind of feedback that women get from their genitals.

Given how the penis is one of nature's more obvious feedback devices, it might give men more of an all-or-nothing or black and white interpretation of sexual feelings.

Do Social Factors Influence Women More Than Men?

Psychologist Roy Baumeister believes women are more sexually flexible than men, and not just in terms of intercourse positions. He says the reason is because women's sexuality is more influenced by social factors such as religion, education and parental pressures. Women with college educations are more likely to masturbate than women without, while a guy who is a high-school dropout is just as likely to masturbate as one with a Ph.D.

Women may be more flexible, but they often see themselves as guardians of the family and champions of the status quo. If a woman in a woman's church group is romantically kissing another woman during their annual anti-pornography potluck, she'll have hell to pay. Women are also the first to call other women "sluts" or "whores." Perhaps women are more flexible about some things and more rigid about others.

Women's Genitals vs. Men's Genitals When Watching Porn

Since men watch more porn than women and women read more romance novels than men, you'd think that male genital arousal would be more visually driven and women's less so. However, women's genitals are just as responsive to porn as men's. The blood around women's vaginas flows more to hardcore porn than to erotic stories or sex fantasies. But there are major differences in the kinds of porn that make women wet.

Straight men often get more of a penis response when porn shows female-female sex. For gay men, the boner raiser is male-male sex. So if you show men either male-male or female-female sex, the chances are good you can determine whether they are straight or gay based on what their penis reacts the most to. (It's different if you show them heterosexual porn. The penises of gay and straight males often have similar responses to heterosexual porn, but probably for different reasons.)

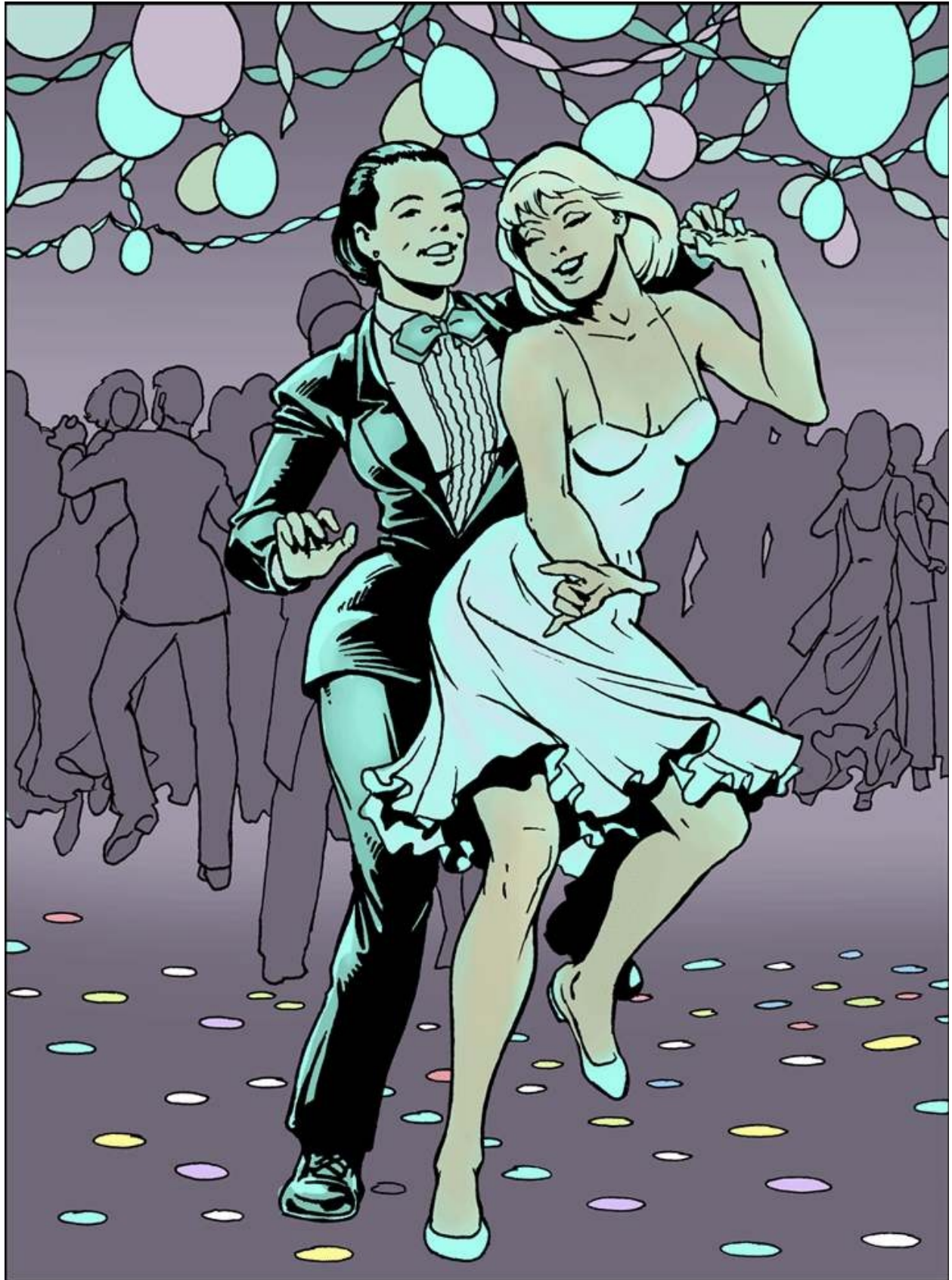
With women, there is an increase in the blood flow to their vaginas no matter what kind of porn they watch: male-male, female-female or male-female porn. It's difficult to tell what this means, because it is not consistent with what the women are consciously feeling.

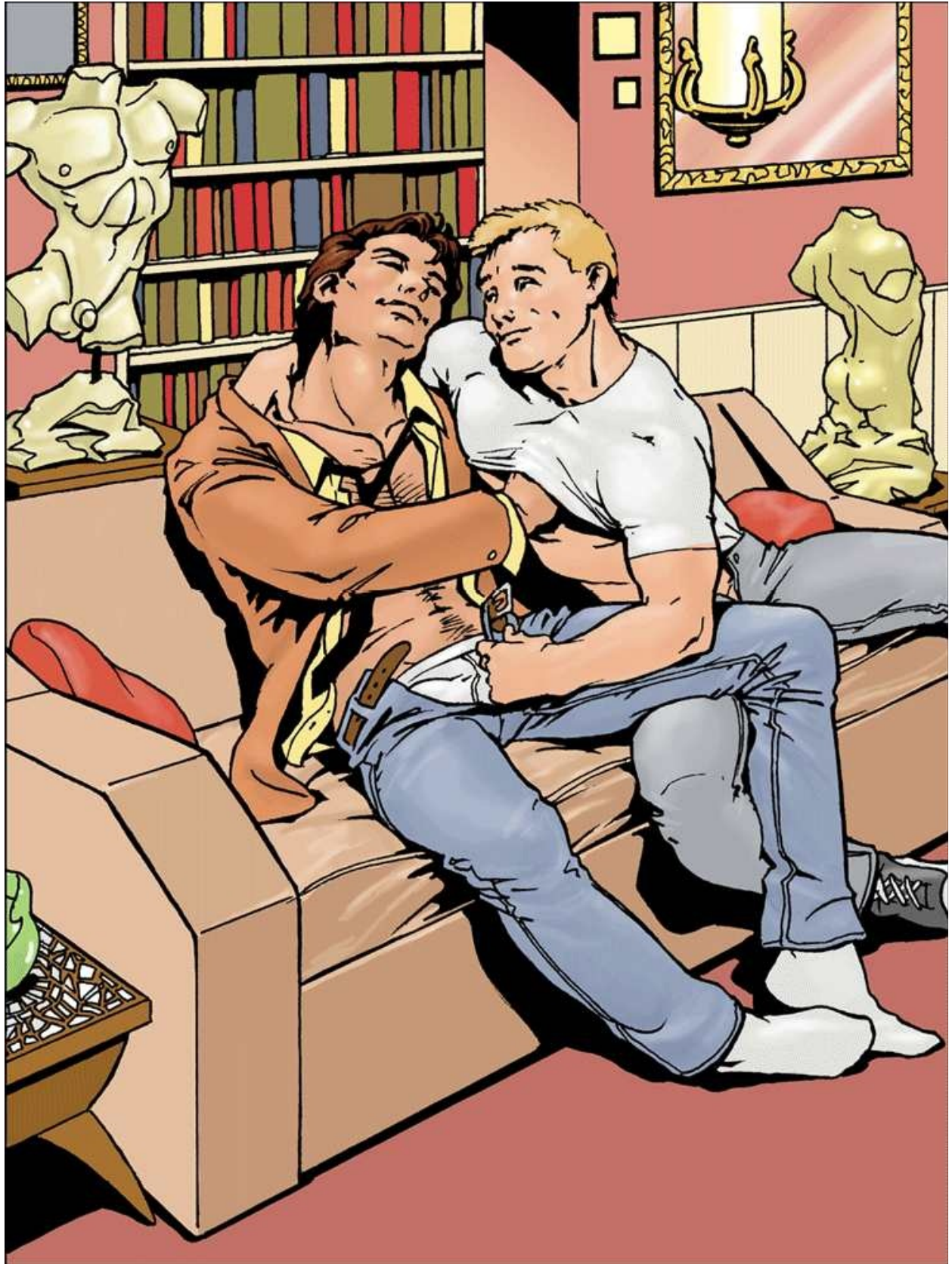
When It Comes to Sexual Orientation, Men Are Judged More Harshly

When it comes to same-sex experimentation, we tend to be far more judgmental about boys than girls. If you doubt this, consider the following:

If a therapist is consulted about two teenage boys giving each other hand jobs or oral sex, she'll assume they are probably gay. You can't talk a child out of one orientation and into another, and as long as they are well-adjusted and happy, she wouldn't be concerned. (This would not be a case of parallel sex-play; it's highly unlikely the boys were thinking about girls when they were given each other blowjobs!)

But if two college sorority sisters had been drinking and had sex together at a party, people wouldn't think much about their sexual orientation as long as they were popular or didn't have the kind of masculinized behaviors that is sometimes associated with lesbians. Or they would dismiss the girls' behavior with terms like "Lesbian until Graduation!" In our culture, we have an understanding that women can be all over the map when it comes to sexual orientation, but not so with males, who we expect to be either straight or gay.





“Mostly Straight” vs “Bisexual”

Few people would be surprised if a woman who identifies as totally straight says that she is attracted to another woman. At least we wouldn't be after reading hundreds of women's sex surveys where they describe themselves as being “totally straight” but ten questions later say they would have sex with another woman if she were really hot.

It's different for men. Very different. While close to 50% of women describe themselves as being “mostly straight” rather than “totally straight,” fewer than 15% men describe themselves as being “mostly straight.” And those who describe themselves as being “mostly straight” are pretty much totally straight when it comes to their sexual behavior and fantasies. While they might find themselves being attracted to other men on occasion, they prefer being with women.

As for men who truly are bisexual and enjoy having sex with women and men, current best estimate is 1% and 2% of all men. If the number of bisexual males were higher than this, there would be dozens if not hundreds of porn sites that feature bisexual males. Yet there are only a handful of sites with bisexual males. Most porn sites go out of their way to exclude male-to-male sexual contact unless they are sites for gay males. Even when there are two men having sex with one woman, they almost never make sexual contact with each other. The world of mainstream porn would come unhinged if two men had sex with each other. It's fine for women to have sex with each other in porn for straight males—it's even a bonus. But male-male sex is forbidden.

Bisexual Men and a Lack of Social Acceptance

While people are at least somewhat accepting of bisexuality in women, this is not the case for bisexuality in men. In most straight circles, it's better to say you are a serial killer than a bisexual male. Among gay men, bisexual males are often accused of being afraid to come out as gay. And while many straight people are accepting of gay males, this would not be the case with how they feel about bisexual males. Recently, a male student who is openly bisexual at a liberal college wrote a letter to his school's newspaper saying:

“I am out as a bisexual male, but the degree of discrimination is worse than most know. So I don't exactly advise bi-men to be out unless they are ready and able to emotionally endure the abuse.”

The abuse he is describing comes from both gay and straight students on his campus.

The Influence of Having a Higher Sex Drive

You would think there would be a tendency for both men and women who have higher sex drives to also be more open to bisexual exploration. Yet the research shows that this is only true for women. Men with a higher sex drive will only want to have sex with partners whose sex they prefer in the first place. Having a higher sex drive does not make it more likely that a man will be bisexual.

While straight women who have a higher sex drive are more likely to want sex with both men and women, gay women who have a higher sex drive follow a pattern that is more similar to men: they only want sex with partners of their preferred sex, which is women.

Sperm-Drinking Males and The Influences of Culture

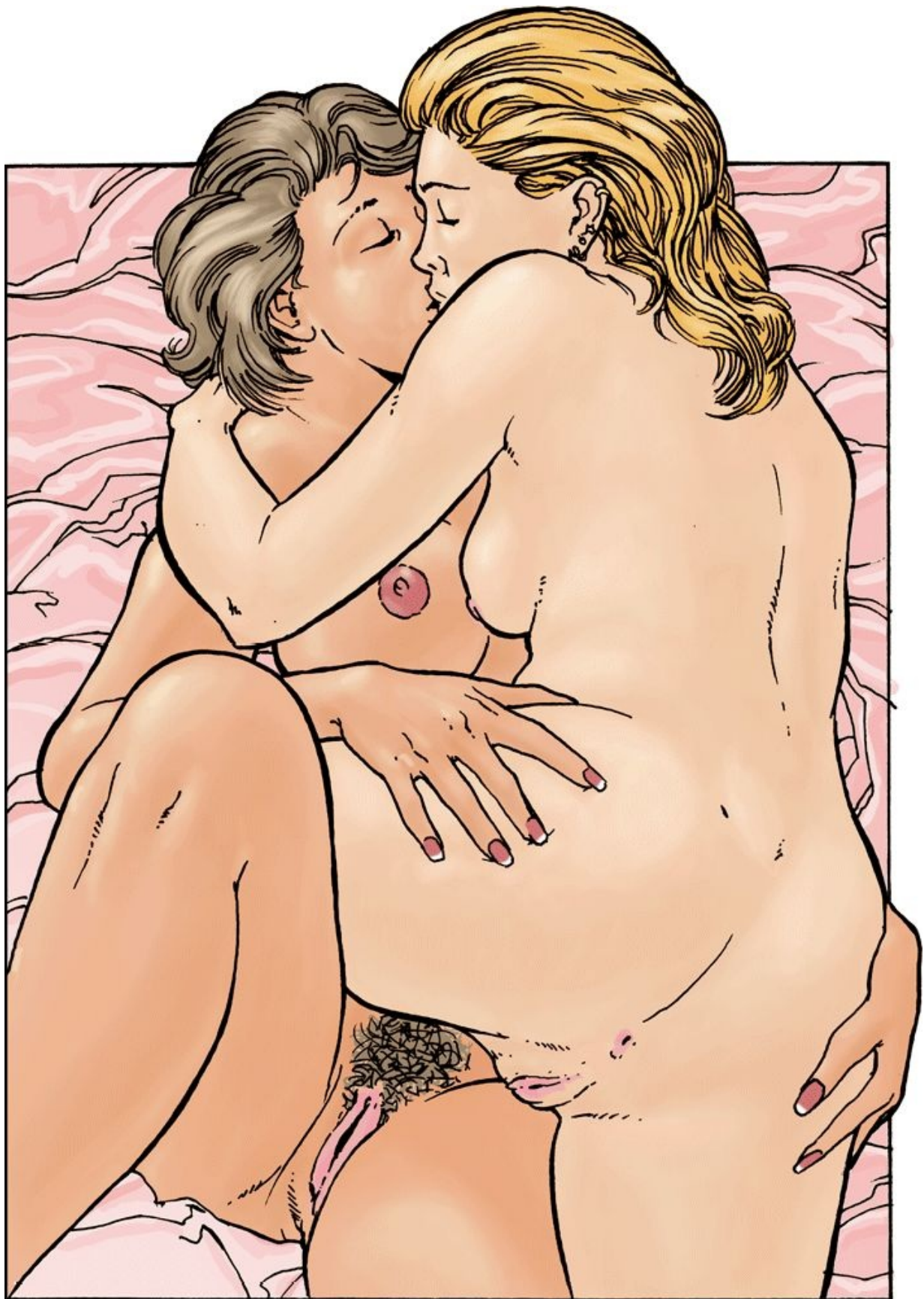
A number of years ago, an anthropologist discovered people on a remote island who believed that in order to become real men, male adolescents needed to drink the sperm of the adult males in the tribe. Given how the adult males didn't exactly have sperm spigots that could be turned on and off without sexual arousal, the way the young boys harvested the sperm was by giving the older men blowjobs.

Unfortunately, people in the modern world who read these studies assumed that the sperm-drinking adolescents were sexually aroused by giving the older men blowjobs, and that this was an indication that we all are bisexual in nature and learn to hide that part of ourselves due the influence of culture. But the reality is, the sperm drinking young men probably viewed blowing their elders as an anticipated experience like a teenager today looks at having to take a driving test or or a college entrance exam. Taking and passing the test means you achieve a certain level of independence, not that you want to keep taking the test again and again.

A few decades after the initial research, an anthropologist returned to the island to see what was up with the off-spring of the sperm-drinking tribe. Time had done a number on the people of the island. Many of its members had moved to a more urban part of the island, and Christian missionaries had also helped put the kibosh on any ideas that swallowing sperm confers magical properties. (The women who read this book could have told them that!)

The teenage grandsons of the sperm-drinking granddads were wearing wrap-around sun glasses and listening to iPods in front of the island's equivalent of a 7-11 store. Satellite dishes meant that this was the first generation of the island's natives who had grown up under the influence of Netflix and YouTube.

When the researcher inquired about rites of manhood and what the boys needed to do to be regarded as manly, they wondered if he was talking about doing extreme skateboard tricks. He eventually broached the subject of the sperm-drinking to some of the boys, who became very grossed out and said, "My granddad did what?"



Homophobia in the Homeland

Let's take a look at a study on homophobia that was done at the University of Georgia. The University of Georgia is one of the finer institutions of higher learning, and not simply because they have used the *Guide to Getting It On!* in their sex-education classes, although it does speak well of them.

Psychologists gave a questionnaire about homosexuality to a group of sixty-four men. Based upon their responses, the men were divided into two subgroups: those who were homophobic and those who were not. The testers then showed the subjects hardcore X-rated videos of men having sex with women, and men having sex with men. They did this after placing sensors on the guys' penises to see if they were having a penis response while watching the different videos.

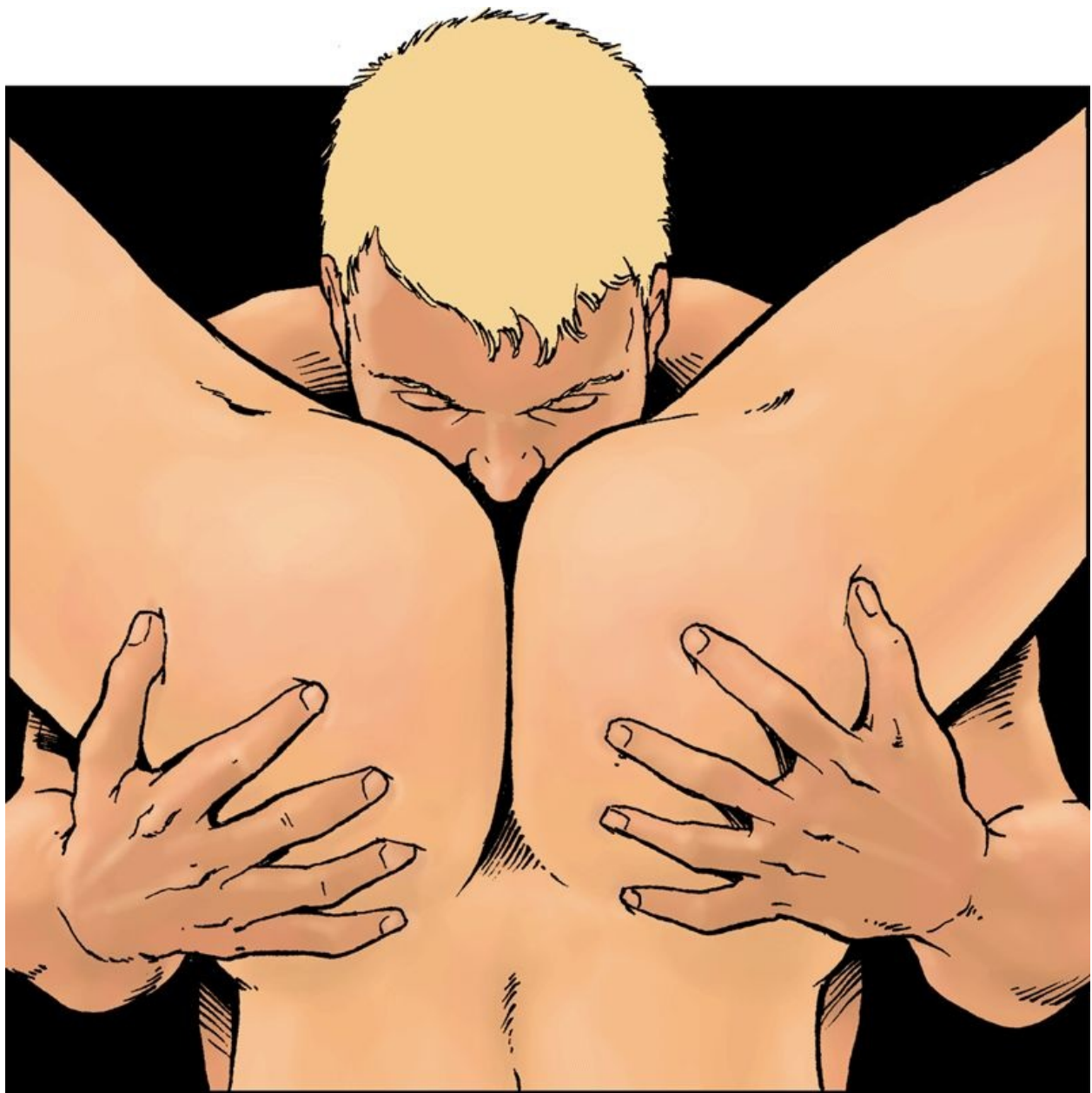
When watching the tapes of gay men, 80% of the homophobic men had penile arousal, while only 34% percent of the non-homophobic men did. Yet almost all of the homophobic men denied feeling aroused while watching gay guys having sex.

Unfortunately, the penis does not always tell the truth, and studies using genital sensors can raise as many questions as they answer. It's possible that anxiety or anger caused the homophobic men's penises to change size enough to be confused with a sexual response. Also, keep in mind that men who are truly homophobic don't care how they got to be that way. If they are viscerally enraged, one needs to assume they are dangerous. They might believe that their very existence is being threatened by the mere presence of a gay guy.

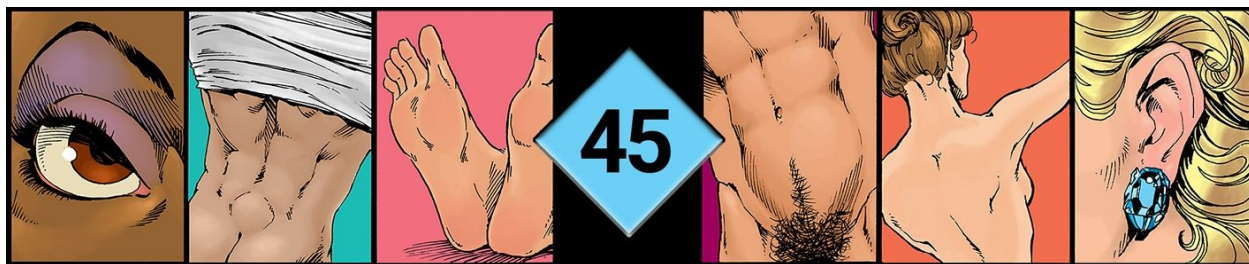
Happy Trails

This might be a good time to return to something that researcher Richard Lippa wanted you to know:

There is no good or bad when it comes to sexual orientation. You are who you are. Sexual identity and sexual orientation may not be fully fixed in young people, and this may be particularly true for women. Whatever your sexual orientation is and whatever gender (or genders) you're attracted to, learn to accept yourself and enjoy your sexual feelings. Sex is always a process, but not necessarily a fixed process. So learn to go with the flow—in particular, learn to go with your flow—but do so in a safe, sane, and sensible way.”



A Special Thanks to Richard Lippa of California State University at Fullerton, to J. Michael Bailey of Northwestern University, to Ralph Bolton of Claremont College, to Ritch Savin-Williams of Cornell, to Meredith Chivers of Queen's University, to Adam Safron of Northwestern University, and to members of the SexNet listserve for their generous help.



Premature Ejaculation: When Your Penis Has ADHD

It's easy to understand why most men would be too embarrassed to call a healthcare provider about premature ejaculation. The receptionist always asks why you want to see the doctor. "Uh, 'cause I come in about three seconds?" Worse yet, most healthcare providers know more about the rings of Uranus than they do about premature ejaculation. That's why this chapter is kept as up-to-date as possible, and why some of the world's top researchers are consulted. Perhaps you and your doctor can learn together.

Terms like premature ejaculation, PE, early ejaculation, and rapid ejaculation are used interchangeably, but they all mean the same thing. You would think it would be easy to define premature ejaculation, but it was only recently that researchers and clinicians finally agreed on a working definition. Even then, their definition is more limiting than many would have wanted. You'll see why in the pages that follow. You'll also see that there are many myths and misperceptions about PE.

This chapter begins with a look at what PE is and ends with the treatments that are currently being used. One of the biggest problems with premature ejaculation is that a man's partner is seldom part of the conversation or the solution. That's not good. This chapter is for sexual partners as well as for men with PE. Hopefully you'll both read it and discuss the sections that are meaningful for you. There's no reason why PE needs to ruin your enjoyment of sex.

ISSM on Jizzing

According to the International Society for Sexual Medicine (ISSM), premature ejaculation is when a man usually comes in less than a minute and has little if any control over it, and he feels distress as a result.

Depending on whose statistics you use, almost 98% of men are able to last for more than a minute. This leaves between 1.5% and 2.5% of men who qualify as having PE. But if you add another thirty seconds to the ISSM definition by including men who come in less than a minute and a half, up to five times as many men have premature ejaculation, as long as they feel a lack of control and it's causing them distress.

The reason ISSM has taken such a conservative approach is that it wanted to limit its definition to what is truly known and can be validated with research. Otherwise, there is a chance PE would not be accepted as a legitimate diagnosis in the medical world. Treatment would not be reimbursable and drug companies might stop their research. Unfortunately, using only a minute as a definition of PE allows drugs that don't work very well to appear to be more effective than they are.

The Problem with “What’s Average”

In a study of nearly 500 couples from five countries who timed their intercourse, the lion’s share of the men lasted between two and nine minutes. Few men lasted longer than eighteen minutes and half of the men lasted for less than six minutes. Condom use and circumcision did not have an impact one way or the other.

The men over-estimated the amount of time it took them to come by an average of 31% or almost two minutes. So guys who came in six minutes thought they lasted for close eight. There is also more variation in how long each individual male lasts than was previously thought.

A lot of PE researchers don’t think it’s relevant to list an average time for intercourse. That’s because there are men who last for a minute and who satisfy their lovers with all the things they do rather than just intercourse. And there are plenty of men who can last for ten or more minutes and aren’t satisfying lovers.

Researchers would want you to remember there’s way more to being a good lover than how long you last. Consider this book: only one chapter is on intercourse. That should tell you there is way more to satisfying sex than when a penis is in a vagina.

Parallel Parking and Premature Ejaculation

Another problem with defining premature ejaculation based on the clock alone is that it doesn't speak to the speed and intensity of the thrusting. Some of the men who were part of a huge study said they are able to last more than a minute but that they ejaculated within ten thrusts or less. That works out to about six seconds per thrust. ("One Mississippi, two Mississippi, Three Mississippi, Four Mississippi, Five Mississippi, Six Mississippi" for each thrust.) This would be like having intercourse in slow motion, which is what some men do in order to last longer. Also, some men think about dead animals or when they dropped the winning touchdown pass in a championship game in order to last longer. This makes sex less fun for themselves and their partners.

Most men who don't have PE are able to get control by stopping for a bit or pulling out and changing positions. They don't have to slap a governor on their sexual excitement from start to finish. Doing so is one of the burdens of having PE. Female partners will often keep their hips still and mute their excitement in an attempt to help a partner with PE to last longer. They throttle down their sexual excitement, which results in their being less satisfied.

The Grim Reaper of Sexual Fun

For most men who come in less than a minute, premature ejaculation feels like a joke their body is playing on itself. Their penis feels like it's had hundreds of thrusts before their partner barely has her panties off. As much as they would love to have intercourse, they start to dread it because they feel like losers who can't please their partners.

Some women feel that premature ejaculation is "his problem" and their partner is the one who needs to fix it. However, a man with PE can no more will himself to delay coming than he can will world peace.

Erections don't fare well in an environment of dread. So a lot of guys with PE not only worry about coming too soon, they also worry about not being able to get it up or keep it up once they do. Their orgasms are not always as enjoyable as for men who have better control. There are plenty of men with PE who fear new relationships or avoid them rather than having to face the embarrassment of PE.

Is Premature Ejaculation Inherited?

According to the latest research, there seems to be a genetic influence that impacts some men who have PE. So it is possible that a man with premature ejaculation may have more in common with his father and brothers than meets the eye. Or maybe not.

While genetics might be a factor in PE, there is not a specific gene for premature ejaculation. To quote one researcher, “PE is influenced by many things, most of which are not understood. The genetic influence on PE is likely to be indirect.” This means the genes that effect PE probably influence other things first, such as your mood, appetite, emotions, and temperament. These may or may not have an effect on your ability to control your ejaculation. So it’s a long and winding trail from what’s happening in your genes to what’s happening in your jeans. Saying that genetics can influence whether you have PE simply means the chances are greater that you will come sooner than someone without that particular gene configuration. Beyond that, we do not have enough knowledge about PE to be more specific.

If you are the partner of a man with PE, it’s best to leave the genetic research to the geneticists. Do not succumb to the temptation of asking your lover’s mother, “Mrs. Snappy, does your husband come as quickly as your son?” But in case you do, be sure to let us know what she says.

El Prematuro Loco

There are a number of men who are sure they have PE when they don't. The majority of the men who describe themselves as having premature ejaculation do not have anything close. When a man assumes he has PE but doesn't, we say he is *El Prematuro Loco*.

Someone with a real case of premature ejaculation can hardly last a minute. But a man with *El Prematuro Loco* can go for several minutes during intercourse while thrusting at a satisfying clip for both he and his partner. He is within the range of average, sometimes at the high end of average. Being able to last that long would make a man who really does have premature ejaculation smile from ear to ear.

Education, reassurance, and sometimes counseling is enough to help a man with *El Prematuro Loco* stop focusing on what he perceives to be his shortcomings, and to work instead on finding ways to give his partner extra pleasure besides just thrusting. So if you are a man who feels he has premature ejaculation but doesn't really, why not start talking to your partner about your concerns? It could be she wants something different in bed than for you to last longer.

If she does want you to last longer, some of the retraining techniques mentioned later in this chapter might help. If you can already last for a few minutes, you've got a lot more room to teach yourself to improve your hang time than a guy who lasts for 30 seconds. You might not have to be fighting your body's genetics, neurology or psychology in order to last longer.

Also, a reality check is in order for today's porn-inspired couple who assumes that every guy can thrust like a robot. The vast majority of men in porn take nearly toxic doses of boner drugs, and they wouldn't be in porn if they didn't have excellent control to begin with.

Control Issues

Surveys have shown that 50% of men feel they can control when they ejaculate during intercourse. Being able to control when you come is beyond the comprehension of a man who has premature ejaculation. Unfortunately, research also shows that partners of men with PE often believe that a man can control it if he tries. For most men with PE, this is not possible.

While some women blame themselves when a partner has erection problems, they tend to blame their lover for PE. Couples would have way more fun if they learned to have sex that's based less on what a man can do with his penis. Making it safe for your partner to act out some of her sex fantasies with you would make you a better lover than most.

Lifelong vs. Acquired — How Psychology Can Impact Biology

Most men who have PE have had it in varying degrees from the time of their first intercourse. This is known as lifelong premature ejaculation. However, there are some men who had decent control until the PE Fairy waved a wand of quickness over their penis. So if you were okay to begin with and then start to ejaculate rapidly, you might have “acquired PE.”

Consider the case of Bill, who is a construction worker and who scheduled an appointment with a urologist to deal with his premature ejaculation. Bill rarely had trouble with his ejaculation until recently.

If Bill’s urologist had been too busy to ask about Bill’s relationships, he would have missed that Bill recently started dating Jenni who is a corporate CEO. She is high-powered and white-collar, while Bill carries a hammer and is blue-collar. Bill has felt inadequate from the start with Jenni, given that she’s drop-dead gorgeous and makes about ten times as much money as he does. Bill’s premature ejaculation started soon after he began dating Jenni.

Bill got his PE along the way as opposed to always having struggled with it. What Bill needed were some sessions with a therapist to help him deal with his conflicted feelings about being in a relationship with Jenni. (Thanks to sex therapist Stan Althof for providing this example.)

Possible Risk Factors

If you have recently started to ejaculate rapidly and no earthshaking life changes have occurred that might explain it, such as finding your wife in bed with the teenager who mows your lawn, then it is a good idea to have a complete physical exam.

Before assuming PE has a physical cause, be aware there has been little evidence to support a medical or psychological cause of premature ejaculation. As of press time, the best that can be said is more and better studies need to be done.

To date, one study found that between 50% and 70% of men with a hyperthyroid have PE. After receiving successful treatment for their thyroid problem, the rate of PE dropped from 50% to 15%. On the other hand, there was not a single case of hyperthyroidism in a study of 620 men who have lifelong PE. So while any man with acquired PE should get his thyroid checked, it's unlikely that thyroid is the cause of PE in a man who's always had premature ejaculation.

There are some indications that prostate infections might be a cause of PE. The trouble with these studies is they aren't particularly sound from a scientific point of view. Prostate infections are something to be aware of regarding PE, especially PE that is acquired, but that's about it.

There is a high association between premature ejaculation and erectile dysfunction in men who have diabetes, and a moderate association between PE and erectile dysfunction in general. In these cases, trying one of the boner drugs like Viagra is something to consider.

Early ejaculation has been reported as a side effect of withdrawal from SSRI antidepressants. Some recreational drugs might also contribute to premature ejaculation.

Aside from genetic influences, one study suggests that a short frenulum could help trigger PE in men who have lifelong premature ejaculation. Theoretically, having a shorter frenulum could cause excessive tension in the area of the glans corona, which is one of the most sensitive and nerve-filled parts of the penis. However, controlled studies need to be done regarding the short-

frenulum theory before any credence is given to it.

In time, it's possible that physical causes of PE will be discovered. Currently, the data is limited and sometimes contradictory.

Your First Time vs Youthful Exuberance

In a recent study in Finland, a lot of men who don't have PE reported ejaculating in under a minute the first time they had intercourse. Many of these men ejaculated before their penis got its first feel of their partner's vagina. But they've had normal ejaculation times ever since. So there's a big difference between mastering the anxiety and inexperience of your first couple of times and coming quickly for the rest of your life.

In most men with PE, ejaculation control doesn't improve with age. And in many cases, premature ejaculation gets worse as relationships get longer. That wouldn't be the case if time and experience were the cure for premature ejaculation.

A Reality Check with Your Partner

Women often assume their male partners are not concerned about having PE when the man himself might be an anxious mess. At the same time, there is often a major disconnect between what a man thinks his partner wants and what she really wants.

So if either of you is concerned about PE, the first thing to do is to talk about it together. She might prefer that you spend more time kissing, caressing, or giving her oral sex. Maybe she wants you to be more of a take-charge kind of guy when it comes to sex. Or she might want you to last longer, but hasn't let you know because she's been afraid of hurting your feelings. Either way, talking it over is an important step when one or both of you is concerned about premature ejaculation.

Myths To Fry

In trying to understand more about PE, it is helpful to look at what people used to believe caused it. Some sex educators and therapists still adhere to these myths:

Goat Gonads! Premature ejaculation was first described in medical literature in the late 1800s. That's when PE, impotence, and just about everything that could possibly go wrong with a man was blamed on masturbation or "self-pollution." Even having intercourse more than once a week was a concern among the anti-ejaculation fanatics of the day. To help revitalize and rejuvenate the body, more than a thousand men were given testicular grafts from sheep, monkeys, goats, deer, and other men.

Vasectomies to Prevent the Spilling Seed: In the late 1800s and early 1900s, there was so much concern about losing semen that men would get vasectomies to keep their sperm inside their bodies. That's how vasectomies originally became popular—not for birth control, but as a way of returning a man's "masculine essence" into his own body. Even Freud got a vasectomy when he was 67, clearly not for birth control.

Being Pissed Off: In the 1920s, a psychoanalyst by the name of Karl Abraham suggested that PE resulted from a man's unconscious anger at women. Rapid ejaculation was a man's way of symbolically peeing inside of his partner's vagina. How charming. We have since discovered that men with PE aren't more angry at women than men without PE.

A Headache in Your Penis: In the early 1940s, another German psychiatrist, Bernard Schapiro, speculated that PE was a psychosomatic illness, like anxiety-related headaches. He said that PE was the result of a man's psychological conflict expressing itself bodily. This, too, is false.

PE from Jerking Off Quickly: In the late 1970s, renowned sex therapists Masters and Johnson changed the premature ejaculation landscape by claiming that PE was a learned experience. They believed PE was something males taught themselves when they rushed their way through masturbation or had rushed sex in a car or did it with a prostitute. We now know that popping out quick ones is not the cause of premature ejaculation. However, it is possible that if a man was

born with a shorter fuse to begin with, the rushed experiences he had when he was a teenager could have had more of a lasting impact than if he had been born with a penis that was wired like a porn star's. In this situation, the squeeze-technique that Masters and Johnson suggested might be helpful in extending his hang time (explained in the treatment section of this chapter).

From Zero to Sixty in 2.46 Seconds: In the late 1980s, sex researcher Helen Singer Kaplan proposed that men with PE never developed the ability to experience a gradual buildup of sensation in their penis. Kaplan believed most guys have an early warning system in their penis and are able to say to themselves, "It's starting to feel like I'm getting close—I'll slow down my thrusting or change positions so I can delay coming." But for the man with PE, ejaculation arrives like a sneak attack. He gets no warning signals until it's too late to delay. Kaplan also felt that anxiety fueled PE.

Kaplan's theories held sway for many years, and they shouldn't be quickly dismissed. But when men with PE are given medications that allow them to delay their ejaculation, they can have the same range of sensory awareness in their penis as guys who don't have premature ejaculation. It is also interesting that tramadol and SSRIs, which are drugs that help with anxiety, also help decrease PE. However, it's more likely these drugs delay ejaculation by impacting the centers in the nervous system that trigger ejaculation.

Porn Causes PE: This is one of the most recent and more bizarre theories about the causes of premature ejaculation. If porn were a cause of premature ejaculation, we would have seen a huge increase in the number of men with PE during the past two decades. There has been no such increase. However, if this theory were true, it would be interesting to know if men with DSL come faster than men with dial-up used to!

Research Findings on the Man with a Pronto Penis

When researchers placed sensors on men's penises and showed them sexually exciting materials, they expected the men with PE to have a more rapid sexual response. Yet they weren't able to find any differences between men with PE and those who had good control. Time to erection was about the same.

So the researchers made the situation more like real life. They put "pleasure devices" on the men's penises so the men would feel physical stimulation while they were watching dirty movies. And that's when they found that nearly 60% of premature ejaculators would quickly blow a wad as opposed to only 5% of the men who didn't have a problem with coming too soon. This finding helped give credence to the idea that men with premature ejaculation might be wired to come sooner than men who don't have PE. But it doesn't mean they can't retrain themselves.

Semen Samples

Anxiety about sex with a partner does not appear to be the cause of premature ejaculation. Researchers have had premature ejaculators and controls masturbate in the lab to give semen samples. The men with PE came out of the rest room with their semen in a cup faster than the men who were controls. Given that they were masturbating, anxiety about sex with a partner was not the reason why the men with PE produced their semen samples sooner than men without PE.

Research Findings—Neurology and Heart Rate

When men who don't have PE are having intercourse, their heart rate slows down after their penises get hard, even though they are getting aerobic exercise from thrusting during intercourse. When they are about to ejaculate, their heart rate speeds up again.

But when a man with PE becomes sexually aroused, his heart beat is likely to remain rapid from the moment he gets hard until he ejaculates. His nervous system doesn't shift into the intercourse version of cruise-control. He is on the verge of ejaculating from the get-go. It is possible that by doing the retraining techniques listed later in this chapter, a man with PE can learn to drop his heart rate like one who doesn't have PE.

Erection Issues

You would think that men with PE would get erect sooner than controls. However, the opposite is true for some groups of men with PE. A number of men with PE also have varying degrees of erectile dysfunction. This dovetails with why some men with PE respond well to erection drugs such as Viagra, Cialis, and Levitra. Perhaps these are men whose PE is related to erectile dysfunction. Or maybe their erectile dysfunction is due to their distress about having PE, and the erection drugs help alleviate the fear that they won't be able to get it up.

Some men who don't have PE complain that the boner drugs make their penis feel somewhat wooden. This would be a case of one man's poison being another man's cure.

Even if the erection drugs don't help a man last longer the first time he ejaculates, they do help most men to get a subsequent erection sooner. Most men will be able to thrust longer the second time around.

Emotional Reaction

Men with PE often have more negative feelings about sex than men who have control over their ejaculations. Therapists used to assume it was the negative feelings that were causing the premature ejaculation rather than being a result of it. But the men with PE did not look forward to having intercourse because they believed they were going to disappoint their partner. Many of the negative feelings that men with PE have about sex stop once they are able to get more control over their ejaculations.

Lasting Longer Doesn't Make Partners More Satisfied

The results of a recent FDA trial on a treatment for premature ejaculation trumpeted how it added extra minutes to the men's thrusting times. But in spite of the great results, the men's partners didn't report significant increases in their own sexual satisfaction.

So maybe the problem wasn't as bad as the guys with PE assumed. Or maybe sexual satisfaction is more complex than we think. Sexual problems don't exist in a vacuum. When it comes to sexual intimacy, mutual pleasure can't always be measured with a stopwatch. This takes us back to a central theme throughout this chapter: men with PE are often so focused on their failure that they aren't able to enjoy ways of making sex more fun and rewarding. By the time a man with PE tries the retraining techniques or uses drugs for it, sexual excitement in the relationship might need to be rekindled.

Plenty of men learn to compensate for PE by becoming really good at pleasing a woman with oral sex or different kinds of massage. Some couples act out fun scenarios and kinky fantasies together. There's no reason why coming quickly should get in the way of having great sex.

The Other 97% of Your Body and Mind

It can be helpful for a man with PE to become more aware of the sensations in other parts of his body in addition to his penis. Not enough can be said about allowing a partner to touch you from head to toe while you let your body relax. This kind of non-pressured exploration is often the cornerstone of sex therapy. Some couples enjoy using different materials and fabrics to massage each other from head to toe. Good results can be had with feathers or furry mitts, as well as a silk scarf or piece of rayon. Some couples might be into leather, latex, or rubber. Others find the feel of a partner's fingertips to be exquisite.

The Most Important Ingredients

In helping a man to last longer, don't forget to have a sense of humor. Humor is the sexual lubricant for the soul. The chances are, a man with PE is angry and frustrated with himself. Humor and a tolerance for frustration can go a long way.

None of the treatments on the pages that follow are a cure. However, they can help, and sometimes a great deal. But they do require motivation and a long-term commitment by both partners.

The couple must find ways for the man's partner to get off besides having intercourse. That way she won't feel resentful, he won't feel guilty, and they will both get to experience what it is like when she can open up and no longer needs to mute her excitement. This is one of the first things a couple should work on, as opposed to just focusing on the man's penis.

Relationship Fears & Resistances

Helen Singer Kaplan said that the men who were unable to complete her program for rapid ejaculation usually had wives or girlfriends who did not necessarily want them to last longer. The two men mentioned below were rapid ejaculators as well as contributors to *The Guide*. They were kind enough to share their personal stories for you to read.

Zeus suspected his wife didn't want him to improve his sexual function and that she would resist helping him do something about it. He was right. His wife didn't enjoy sex, or not with him anyway. The faster he came, the better. In addition, she didn't want him having sex with anyone else. She assumed he would be less likely to have extramarital affairs if his problems with PE remained.

Heathcliff had a secret and didn't know if Catherine would want to help. While caring greatly for each other, their sex life had never been a central part of their relationship. After several years, he finally asked for her help with his premature ejaculation. He received an unexpected reply. She told him she often masturbated after he went to sleep, keeping her sexual needs to herself because she didn't think he was interested. They began masturbating together and started feeling sexually intimate for the first time in their lives. They found many ways to please each other sexually. By this time, Heathcliff had become such a changed man that not even his neighbors could recognize him.

Rather than bulldozing ahead with the treatments that are mentioned in this chapter, why not start by having talks about it first? You might want to include a discussion about what it would be like if you were able to make changes in your sex life. Even if you both want changes, each of you might have your own fears and concerns.

Treatments for Premature Ejaculation

The rest of this chapter lists drugs, creams, condoms, and behavioral techniques that are being used to treat PE. Since PE isn't a disease and it doesn't have a specific cause, the best treatment will depend on your biology, psychology, and partner situation. In exploring treatment options, you will need to be flexible and adventurous—two qualities that can be in short supply when you are frustrated with yourself.

A logical treatment to try first would be exercise and the retraining techniques. One version is free, and these methods have no side effects.

Can Exercise Help Decrease PE?

Shortly before this book went to press, one of the top researchers of premature ejaculation published the result of a study where he found that men who exercised less were more likely to have PE symptoms. The researches found a slight connection between alcohol use and PE, and no association between PE and BMI (body mass index) which is a measure of body fat based on height and weight. Obviously, more research is needed.

Teaching an Old Dog New Tricks: The Squeeze Technique

The squeeze technique for premature ejaculation has been around for almost as long as the penis itself. It has had different variations, one being called “the start stop technique.” It’s goal is to take you to the edge of ejaculation, but not over. This will help your body learn how to be in a high state of arousal without ejaculating.



The Squeeze Technique

You would think there would have been dozens of studies investigating the efficacy of this technique; not so. Since the squeeze technique is free, drug companies haven’t lined up to fund the research. And our government rarely chomps at the bit to fund studies on improving sexual pleasure. Two studies that were done on the squeeze technique during the 1980s showed that a number of men had success with it initially, but most of the gains were lost over time. This is not unusual regarding sex. Sex therapists often schedule follow-up appointments for any kind of problem every six months after successful treatment. That’s because sexual problems have the tenacity of the cockroach. There can also be a placebo effect with any kind of sexual intervention, which means it works at the start because you believe it will. So don’t be surprised if

you need to do squeeze-technique refreshers every couple of months. But this should be fun. And think about the benefits if it helps you last longer.

Squeeze-Technique Particulars

You both get naked and kiss and fool around. Then you kiss and fool around some more. At some point, which is totally up to the two of you, the female partner says, “On your back, dude!” She then starts stroking his penis handjob style. While it’s usually done without lube, there’s nothing that says lube can’t be used. See what works best for the two of you.

The man’s job is to tell his partner what he’s feeling in his penis. As soon as he feels like he is reaching the point of no return, he asks her to stop stroking and that’s her cue to start squeezing—right below the head for 10 to 20 seconds. Then, after a minute or so, the man’s urge to ejaculate should subside, and his partner can start stroking his penis again. Repeat at least three or four times. When the two of you decide his penis has had a good enough workout, she can stroke him to ejaculation.

After a few weeks of doing it this way, the woman might experiment with switching techniques. Rather than stopping and squeezing when her partner tells her he’s about to come, she might try rubbing the head of his penis instead. So she goes from choking his chicken to polishing its helmet. As for erections, don’t worry about them. What a man should be focused on is trying to tolerate more sensation.

A variation on the squeeze technique is called *the stop-start technique*. Instead of squeezing when the man is close to coming, his partner removes her hand from his penis. It’s totally your call as to which technique you’d prefer to use.

From Squeezing to Intercourse: When the two of you feel you are getting more control over the situation, the woman might try stimulating the penis with her lips instead of her fingers, or by sitting on top of the man and rubbing his penis with her genitals. This is called femoral intercourse. It is where the shaft of the penis glides through the labia like a hot dog in a bun. The penis doesn’t go into the vagina. The woman can lift her pelvis up when her partner is close to coming.

After another week or two, she might try putting the man’s penis inside of her vagina while she is on top. Try keeping it there for a few minutes without

thrusting very much. This helps the man get used to the warm sensations, and there's nothing that says she can't be caressing her clitoris or breasts while his penis is inside her vagina.

The Point of No Return: When doing the squeeze technique, it is helpful to recognize when a man is approaching the Point of No Return. This is when nothing short of stepping on a land mine will keep him from ejaculating. Signs that ejaculation is eminent include: the veins in his penis start to bulge, his penis gives a sudden throb, the color of the head darkens, his testicles suck up into his groin, his muscles start to tighten, his hips thrust, and he starts to groan or invokes the name of various deities. Appreciate how well you are doing if the man can stay close to the point of no return for several minutes without going over the edge.

Also, it helps if the couple can cut themselves plenty of slack. There will be times when a guy reaches the point of no return before his partner can squeeze or pause. It's no big deal. Doing the squeeze technique should be fun, and occasionally funny. It's not a competition.

Before Squeezing, Stop Apologizing and Thinking about Other Things

Some of the most annoying aspects of premature ejaculation that women report are the constant apologies and self-criticism that men express after coming too soon. This puts their partners off. If you decide to work on these exercises together, the man needs to promise he will no longer apologize or berate himself for coming too soon.

Men with PE will also try to delay ejaculation by thinking about something unsexy, which would be like a race-car driver thinking about golf when he's entering a high-speed turn. To think about something besides pleasure is not a good way to last longer. It could lead to erection problems, so you'll then have ED and will still come too soon. As you are doing these exercises, let yourself feel totally turned on.

Pelvic Floor Exercises

Researchers from the University of Rome recently published a study titled *Pelvic floor muscle rehabilitation for patients with lifelong premature ejaculation: A novel therapeutic approach*. You are encouraged to do a browser search and read the study. This study seems to demonstrate that a number of men with serious lifelong PE can be helped without drugs.

Promescent—A Delay Spray

Sprays and creams for PE that help numb a penis have been around for decades. All of these sprays and creams contain similar numbing agents, such as lidocaine, prilocaine and benzocaine. The problem has been with the delivery system. Most of the numbing agent molecules have remained evenly distributed throughout the creams they are mixed in and do not make contact with the skin. As a result, they are not quickly absorbed and the man has to wear a condom to keep the numbing cream from touching his partner's clitoris. The creams also have a tendency to numb out the penis.

Drug companies have spent millions of dollars trying to create a delivery system for the numbing agents that allow just enough of the molecules to get to the skin of the penis where they can be rapidly absorbed without leaving a residue that will numb a partner's genitals. The well-funded company that invented Promescent believes they have succeeded. They also believe that Promescent will not numb out a man's penis if he begins to have intercourse within five minutes of application.

Promescent is a cousin of a product called SD502 that is used for pain relief for burn victims, although not necessarily burn victims with premature ejaculation. Promescent is not a cure for premature ejaculation, but something a man can use five minutes before intercourse. Promescent is anything but cheap, but it doesn't require a prescription and there appear to be no side effects.

NOTE: When this spray was in Phase II clinical trials, it seemed like the researchers were having to move heaven and earth to squeeze significance out of the results. However, Phase III trial results looked more promising. The proof will be in the ejaculating.

A concern with this cream and the company that makes it is the degree of hype and the huge amount of marketing dollars that are being spent. If you are looking for a delaying cream or spray, this is probably the one to try. But you might do just as well with the squeeze technique, or perhaps a combination of the two.

Trojan Extended Pleasure and Durex Performax Condoms

These condoms have benzocaine gel on the inside to desensitize or numb out the penis. It is fascinating to read user reviews. They tend to either be 5 stars or 1 star, with guys and their partners either loving them or hating them. The biggest complaint is that these condoms numb out the penis so much that some men lose all sensation, and their erection as well. The biggest praise is that they numb out the penis enough so a man can last longer than he normally does.

Men who have tried both brands tend to prefer one or the other. So you might try both and see if one works better for you. Do not put these condoms on too soon before intercourse. Otherwise, your penis could feel like your gums after getting novocaine at the dentist's office. Do read the instructions, and be careful not to get the gel from the inside of the condom on a woman's genitals. Also, as a woman with a numb mouth flamed on a user forum: "Do not give a blow job after a man takes one of these bad boys off!"

Treatments —The Drugs

Most of the drugs that are now used for PE were not designed for PE, just like Viagra was not designed for ED. The ejaculation-delaying properties of drugs like tramadol and SSRI antidepressants were first discovered as unwanted side effects. Most of these drugs have not yet been approved for treating PE and may never be approved for it. *They do not necessarily work well and all have side effects.* Also, many of the researchers who are doing studies on these drugs consult for the drug companies that make them and receive compensation for doing so.

The Ugly Side of Progress

More and more research is being done on premature ejaculation, especially since the drug companies realize they would have a pharmaceutical gold mine on their hands if they could come up with a pill that helps men last longer without putting them to sleep, zapping their sex drives, or making their penises feel like lead pipes. The problem will be in how drug companies will market the PE drugs. They'll try to convince young men that their sexual self-esteem will rise exponentially if they take the new intimacy-enhancing pills. Soon enough, men who last "only" six minutes—which is close to the amount of time that half of all men last during intercourse—will assume they have premature ejaculation and will want to take the new drug. So while there will be a definite upside to a medication that works for men who truly have PE, there may also be an ugly underbelly.

Treatments—Pills

As of press time, most pills used as treatments for premature ejaculation are not approved for that purpose. Using them would be off-label and the wisdom of doing so is between you and your healthcare provider. The following summaries are for information only and might not reflect the latest research which you are encouraged to keep up on.

Also, all of the medications mentioned have side effects which could be negligible for some men, but truly bothersome for others. The possible side effects include dry mouth, nausea, headaches, weight gain, insomnia, erectile dysfunction, low sex drive, the occasional suicide attempt, drug addiction, fertility problems and liver damage.

Up to 90% of men who start taking drugs for PE discontinue them because they don't work as well as promised or because of the side effects. If the pills alone don't help you last longer, some physicians suggest combining them with the squeeze technique or layering them, such as using an SSRI with a boner drug, or a boner drug with a delaying spray. There are currently only a few studies to guide us on combining medications for PE, and when studies are paid for by the manufacturers of the drugs, we have no idea if the results are truly valid.

SSRI Antidepressants (brand names include Paxil, Prozac, and Zoloft): A common side effect for SSRI antidepressants is delayed ejaculation. The delay in ejaculation can be so significant for a man who doesn't have PE, that taking SSRI antidepressants can make him feel like he's wearing a dozen condoms. This is why SSRIs could be just what the doctor ordered for men with premature ejaculation if it weren't for the other side effects. There are some SSRIs that delay ejaculation more than others, but the additional side effects can be problematic. The front line SSRI that one sexual medicine expert prescribes is Zoloft (generic name is sertraline). He says there are other SSRIs that might be better for PE, but he finds Zoloft is better tolerated. He also likes the fact that Zoloft has a generic version that doesn't cost his patients as much.

Keep in mind that SSRIs can cause ED and kill your libido. They can cause headaches, nausea, drowsiness, weight gain, and other physical and mental

nastiness. They may cause an increased risk of suicide in young men. Also, some men with PE who find early success with SSRIs report their PE returns after several months. Do not even think of taking SSRI antidepressants for premature ejaculation if you are bipolar.

Dapoxetine (Priligy): Some researchers assumed that a fast-acting SSRI with a short half-life would be a good on-demand solution for premature ejaculation. While one SSRI by the name of dapoxetine (Priligy) has been approved in other countries for on-demand treatment for PE, our own FDA was not particularly impressed. Up to 90% of men who are given this drug for PE stop using it before the end of a year. This should say volumes about the side effects vs. the lack of efficacy.

Silodosin: A group of researchers has reported that on demand use of a drug called silodosin 4 mg which is taken three hours before intercourse has fewer side effects than dapoxetine and results in a decent delay in ejaculation. Way more research is needed, but you might keep an eye out for this regimen.

Boner Drugs (brand names are Viagra, Levitra, Cialis, and Stendra): Can erection drugs help men with PE? Yes and no. A number of men with PE have erection-related problems. But are the erection problems causing premature ejaculation, or does PE cause men so much distress that they end up having erectile dysfunction? Research to date has not found that Viagra helps men with PE to last significantly longer, but the men reported increased confidence, a greater perception of control, and more overall sexual satisfaction. There might be two reasons for this: Viagra may have resulted in more reliable erections, which would be a big relief. Viagra also helps men with PE to get it up more quickly after coming the first time. Most men with PE can last longer the second time if they can get it up again. (Research by the Levitra people found Levitra to be helpful for PE as well.)

If you and your healthcare provider decide to give the boner drugs a try, it's best to get samples and try each one. You might find one works better for you than the others. Consider using erection drugs with a delaying spray or in conjunction one of the retraining techniques.

Clomipramine (brand name is Anafranil): This is a tricyclic antidepressant that has been used for a long time to help people with obsessive compulsive

disorders. One of the side effects is that it delays ejaculation, which is why they started to use it for men with PE. A 25-mg dose taken 4 to 24 hours before intercourse is sometimes recommended. This can be raised to 50 mg, but with that can come increased side effects. A study was done in which a 10-30 mg dose was given on a long-term basis with satisfactory results.

As with SSRI antidepressants, be sure to understand the side effects, as there could be an increased risk for suicide among young men, although it's not known if that would be the case for young men who are taking it for PE and who are using it on demand as opposed to daily. Do not take this if you are bipolar or have erection problems.

Tramadol (brand name is Ultram): This is a centrally-acting opioid analgesic that appears to have few side effects at the low doses being used to treat PE. The doses of Tramadol used in PE studies are between 25 mg and 89 mg (the drug is approved for 400 mgs a day).

There is conflicting and limited research with an on-demand dose of 50 mg of Tramadol for PE. In one study that may not have had the best methodology, men who could only last for 19 seconds started lasting four minutes. Men who took 25-mg dose and who normally ejaculated in a minute went for more than six minutes. This drug is optimally taken two hours before intercourse.

While some studies have found Tramadol to be effective for premature ejaculation, another study comparing the on-demand use of Tramadol for PE with daily use of the SSRI antidepressant paroxetine (Paxil) found paroxetine shredding Tramadol when it came to delaying ejaculation at 12 weeks. The authors of the Paxil study also say that Tramadol had a negative effect on erections, while Paxil had a positive effect. In responding to the Paxil results, the lead researcher in one of the tramadol studies insists that Tramadol humbles Paxil as a drug for PE and claims his team never saw erection problems with men in their Tramadol studies. Plus, it's hard to find ED listed as a side effect for men taking 400 mg a day of Tramadol, let alone only 50 mgs every couple of days. Also, if you are considering Paxil for PE, keep in mind it can have wicked side effects.

Unfortunately, little is known about the effectiveness of Tramadol on PE after being used for extended periods of time. Tramadol is one of the only opioid

drugs that is not a controlled substance in many parts of the world. It has been around since the late 1970s and is even sold over-the-counter in some countries. However, in 2010 the FDA listed new side effect warnings for Tramadol, and it is unlikely Tramadol will ever be approved as a PE drug because it is an opioid. Mind you, it is commonly prescribed for backaches in much higher doses.

WARNING — Tramadol has become a highly abused drug worldwide. Some clinicians do not feel it is worth the risk of giving young men prescriptions for Tramadol due to its potential for abuse as a recreational drug. While the dose used for PE is a fraction of that which is needed to get a pain-killing effect, this is an important warning and should be taken very seriously. Tramadol can be a bear of a drug to get off of if you become addicted. Clearly, more research is needed to guide us on the wisdom of using Tramadol for PE.

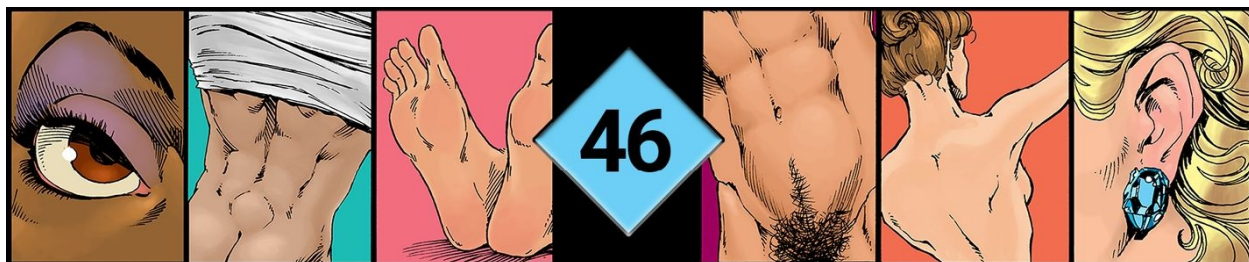
Treatments—Penis Injections (Do Not Use These for PE!)

Penis injections can be helpful for men with erectile dysfunction who don't respond to the usual array of boner drugs. However, unscrupulous healthcare providers have been advertising the use of these injections for premature ejaculation. The *Journal of Sexual Medicine* has strongly warned against using penis injections for PE. Long-term penis damage can result.

Drug Precautions

Be sure to look up the side effects of any drug you are taking. As new drugs for PE enter the pipeline, posts will be done on them at www.Guide2Getting.com. Enter the letters “PE” in the search box.

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Delayed Ejaculation

Delayed ejaculation is when a guy can get a rock-hard erection and have intercourse for a really long time, but can't ejaculate or he struggles to ejaculate. It doesn't matter if he's having oral, vaginal, or anal sex, or if his partner is giving him a handjob — either he can't ejaculate or it can take him close to forever. Or maybe he can come by masturbating in a certain way, but not with a partner. The problem is not in getting an erection and keeping an erection; rather it's with orgasm and ejaculation.

For those of you who have delayed ejaculation or are dealing with it in your relationship, be aware that very little research has been done on this subject and virtually none of it is the double-blind kind that you can take to the bank. Delayed ejaculation (DE) is poorly understood. No one has come up with a universal set of causes, physical or emotional.

There appear to be two different types of delayed ejaculation: the primary type, where a man has always had it, and the secondary type, where he was okay and then it starts to occur. If you have the secondary type, be sure to rule out physical causes such as diabetes, multiple sclerosis, pelvic surgery, dystonia, spinal cord injuries, or a tumor. Fortunately, these are rare causes of delayed ejaculation. Side effects from medications are more likely to be the culprits behind secondary DE.

Delayed Ejaculation: A Partner Speaks

A sex educator who uses *The Guide* in her college course has been married for more than thirty years to a man who has delayed ejaculation. She offered to write this section for partners of men with DE. What she says is more helpful than much of what's been written on the subject to date. Here goes:

I've been married to a man for 31 years who has never been able to ejaculate with me in the ordinary way. I married him knowing this was true, but thought we would be able to solve the problem. I didn't know that delayed ejaculation is the most difficult of the sexual problems to solve, even more difficult than desire discrepancy.

Early in our relationship, I looked this up in a book on sexual problems by Masters and Johnson who were famous sex researchers. I discovered that they had only worked with a handful of men with this problem; mostly couples who were worried about whether the women could become pregnant. They used the technique of the man masturbating to the "point of no return" and then the woman would get on top and the man would ejaculate inside her. If the couple was able to do this, then this was considered a successful outcome.

We were able to do this and have two beautiful daughters who are now grown. However, that did not feel like a success to me and my husband was not really interested in doing this for recreational sex. We have explored a lot of sex therapy and psychotherapy, individually and together trying to come to terms with this.

As Paul describes in this chapter, my husband has a style of masturbation that is very hard to duplicate with my hand, let alone with my vagina. It is very, very fast and very hard. He has had some success changing his masturbation style, but because it is difficult for him to orgasm. Even when masturbating, it is hard for him to want to change his style. Because of this, I have never been able to bring him to orgasm in any way, orally, anally, vaginally or manually.

Overall, I think my husband has come to see this as normal for him; he has never been any different with any other partner. I have had to accept that this sexual style is not something that he really wants to spend a lot more time or energy worrying about. After all these years, we still like to be sexual together,

and I count my blessings. He really likes intercourse and has no problem with erections. Unfortunately, I am one of those women who don't come with vaginal stimulation only, so I don't get the benefit of having a partner with this problem that some women do.

Here are some things I've learned that might help the partner married to someone with DE:

■ **DON'T TAKE IT PERSONALLY. IT IS NOT ABOUT YOU!** I am a skilled and experienced lover and have never thought that my vagina wasn't tight enough or I wasn't sexy enough to please him. Also, he had this problem with all previous lovers.

■ Don't decide it is a sickness or a pathology. In one of the articles that Paul mentions, the author talks about a bell curve of sexual responsiveness on which men and women naturally fall. Some men and women orgasm extremely easily and some orgasm with a lot of difficulty. Most are somewhere in between. Rather than thinking there is something wrong with your partner, try to think of DE as something he is born with, like dark hair or intelligence or needing glasses.

■ Don't marry him if you need him to change. It may be impossible and it's better to go into it knowing that.

■ Use your sexuality as an opportunity to develop greater intimacy. Talk to each other, use the ideas that are in this book, improve communication, have fun. Focus on loving your partner and feeling emotionally connected and physically close.

■ Don't fall into the trap of "goal-oriented" sex instead of "pleasure-oriented sex". Goal oriented sex says that all good sex ends with orgasm. Pleasure-oriented sex says that any sexual behaviors that feel good count as sex.

■ Count your blessings and enjoy the fact that you will never be able to do "cookie cutter sex". Use it as a way to rebel against the Hollywood myth of perfect sex and keep it creative and fun.

■ Don't tell too many friends about this. They will never have heard of it and will think it is really weird and will make you feel worse, most likely.

Looking Under the Hood of Delayed Ejaculation

Delayed ejaculation used to be known as retarded ejaculation, until we decided that calling a man a “retarded ejaculator” was a bit harsh. Some people refer to it as inhibited ejaculation, and those who are trying to sound medical refer to it as a DED, diminished ejaculatory disorder.

How many men have delayed ejaculation? We aren’t really sure. The guesses range from 1% to 4%, but even if it were only 0.5%, that’s still a lot of guys whose corks won’t pop. This condition can present itself differently in different men. It can be intermittent or it can happen every time. It can be lifelong or something that crept up along the way. It can be mild, moderate, severe, or super severe.

If you are stopwatch obsessed and hellbent on quantifying delayed ejaculation, consider that an average guy lasts somewhere between three and eight minutes during intercourse. One researcher has cooked the various standard deviations of how long an average intercourse lasts and suggests if you can’t come after 25 to 30 minutes of thrusting, then you probably qualify as having delayed ejaculation. But here’s a problem: for some couples, 25 minutes is just getting warmed up, while for others 25 minutes would be a nightmare of excess. So in order to declare a man has delayed ejaculation, both he and his partner need to consider it a problem. There are also situations when a man is able to come after fifteen minutes, but his partner wishes he were done after five. And forget calling it delayed ejaculation if it only happens when a man is using a condom.

What’s particularly fascinating about delayed ejaculation is that the majority of men who have it are able to ejaculate when they masturbate. It’s when you put a flesh-and-blood partner between the guy’s hand and his penis that he usually has the problem. It can get so bad that his intercourse partner is able to figure out the plot lines to her next three novels before he’s even close to coming.

As you’ll see, there can be numerous factors that contribute to how fast or slow a man comes, from the biology he was born with to how he processes things like excitement and anxiety. While one man with delayed ejaculation might respond to X, Y, or Z, another man might do better with A, B and C, and a

third won't respond no matter what. So we'll take a shotgun approach and mention a number of possibilities. Your job is to decide which, if any, apply to your situation.

Delayed Ejaculation vs. Faster Than a Speeding Bullet

Let's start with biology. A man might be pre-disposed to delayed ejaculation if he has a slow stick for a penis that's not as sensitive as most other guys, or if his body is wired in such a way that he needs to reach a higher level of excitement than others before his ejaculation button gets triggered. He can't do any more to change the way he's wired than you can blink your eyes and your Ford will magically turn into a Maserati or your Suburban into a Prius. So let's focus on some of the possible work-arounds you might consider.

And yes, if you suffer from premature ejaculation and come faster than Han Solo in a Millennium Falcon, you might be thinking, "What's the big deal—I'll trade my premature ejaculation for his delayed ejaculation in a heartbeat." But unless you've been there and done that, it's hard to understand just how cumbersome or what a burden on a relationship DE can be. It can make sex hard work for both partners.

Although premature ejaculation and delayed ejaculation are on opposite sides of the spectrum, they both result in the man's ejaculation taking center stage. Instead of his being able to have fun with his partner and sharing pleasure, sex becomes more about his failure to ejaculate when he wishes he would.

Reverse Misogyny

Here's a caution about delayed ejaculation that you won't read elsewhere. Not many years ago we used to say that a woman who couldn't have an orgasm from intercourse was "frigid." We would give her a medical diagnosis as if she had a disease. While "frigid" is nicer than "retarded" as in retarded ejaculation, we now consider ourselves more enlightened. We tell people today that a lot of women can't have orgasms during intercourse and it's completely normal if they have their orgasms from masturbation. In other words, we've tried to make the female orgasm something a woman is allowed to have by her own hand, rather than it being an experience she needs to put on parade during intercourse.

We are neither as kind nor as generous with men. If a man can only come from masturbation but not intercourse, we call him a retarded ejaculator. He feels horrible about himself, and his partner is sure it's because he doesn't find her sexually appealing. Or she thinks it's because she can't do anything good for him in a sexual way. So sex can become a source of dread and anxiety for both partners.

If you are a man or a couple with this problem, why not at least try to remember that there are plenty of ways you can enjoy intercourse and sexual intimacy without needing an ejaculation to signal that you are crossing the lovemaking finish line. What if you agree on a signal your partner can give during intercourse for when she or he is satisfied and wants to stop? This takes the pressure off of both of you.

Women have used a "Let's stop having intercourse" signal since the beginning of time. It's called faking an orgasm. If men could do that as easily, few people would know there was such a thing as DE.

Beyond the Basic Symptom

Let's look at some of the possible causes and treatments of delayed ejaculation with an emphasis on the word "possible." That's because much of the current information is based on anecdote, which means if it is real science, it's only real science by accident. Please keep in mind that what follows is strictly for informational purposes. This is not meant to take the place of a meeting with your healthcare provider, although few healthcare providers will have a clue on how to deal with delayed ejaculation.

It's important to be sensitive about both sexual partners. A couple's chemistry, ability to talk it over, and willingness to deal with the matter are critical if they hope to make progress. And if a man tends to be the passive partner, helping him deal with his delayed ejaculation will require that he step out of his comfort zone.

Patience, Prudence, Drug Side Effects and More

If you're the kind who's looking for a magic pill, it's unlikely the ejaculation gods will be blowing many sticky kisses your way. If you want it to be like TV talk shows where patients solve massive problems in the span of two commercials, forget it. And good luck if your goal is to be like porn stars—where the male actors are human thrust-and-come machines who have no emotions. (Actually, some sex therapists believe a lot of male porn stars suffer from delayed ejaculation; they've just managed to make a career out of it.)

Speaking of magic pills, you want to rule out the possibility that the ejaculation problem is a side effect of drugs or medications you are taking, antidepressants are at the top of a list of possible causes that includes antipsychotic medications, methadone, heroin, opiates, other analgesics, tranquilizers, sedatives, medications to lower your blood pressure, muscle relaxers, pregabalin, gabapentin, benzos, GHB, poppers, marijuana, cocaine, alcohol, and possibly cigarette smoking. But don't assume that prescription drugs will include delayed ejaculation as a possible side effect on their warning labels. There are medications that don't list heart attacks as a possible side effect when they probably should, so don't expect them to put "delayed ejaculation" on the side of the box even if they truly do cause problems with ejaculation.

If your problem with DE has not been lifelong, try to think back to when it began. Did you start taking any new medications around that time? Also, delayed ejaculation can be secondary to erection problems, or these conditions can occur in tandem. So if you aren't having good erections, see if your healthcare provider can help you with that.

You want to be sure that delayed ejaculation isn't due to neurological problems, multiple sclerosis, spinal-cord injury, diabetes, thyroid issues, prostate-related problems, certain surgeries, or other pelvic unpleasanties. Low testosterone can be a suspect. Most cases of DE aren't caused by drugs or disease, but it's important to rule out these possibilities.

Religion, Abuse, and Other Possible Semen Stoppers

You might explore whether there were any traumatic psycho-social events that occurred around the time when you started coming slower than a slug in Super Glue. Did you come home unexpectedly to find your wife and best friend going at it with her screaming, “I’ve never come like this with that loser husband of mine!”?

Religious prohibitions about sex can be a contributing factor for men with delayed ejaculation. One study found that a disproportionate number of men with delayed ejaculation were raised in conservative religious homes or had conservative religious beliefs. Even without a religious upbringing, guilt and shame can be serious issues.

Another possible psychological semen stopper is if a man is having fears about his partner becoming pregnant. Deep-seated anger and having a withholding personality should also be evaluated. However, if anger, conservative religious upbringing and fears of getting your partner pregnant were the sole causes of delayed ejaculation, almost all men would suffer from it at one time or another.

Is Your Penis Lying?

The erect penis of a man with delayed ejaculation sometimes lies. This can be confusing, because when a guy is sporting a seriously hard penis, you assume he's highly aroused. But that might not be the case. Even though a man is really hard, he might not be allowing himself to experience as much sexual excitement as other guys with hard-ons. To use psychological jargon, his erection might be out of sync with his emotional or internal state. If that's the case, he may need to work on increasing the level of sexual excitement that he allows himself to feel. Focusing on the sensations that make him feel good sexually might be helpful.

Sometimes men with delayed ejaculation are so focused on giving their partner pleasure that they won't let themselves be aware of their own sexual excitement, or they don't take in enough pleasure to orgasm.

Too Much Focus, Too Little Excitement

To help make his partner feel better, some men with DE will try so hard to ejaculate that they focus on their penis at the expense of the rest of their body. This can make a man even more numb to his own sexual excitement. So consider exploring the erogenous zones of a man's body from head to toe—and not just trying to find some magic spot or button that makes him ejaculate. Try to discover some of the subtle things that feel good and work on talking more easily about them. For some men, this might include long lingering kisses up and down the side of the neck or on his chest, nipples, back, or maybe a finger up his bum. Experiment and explore. Or you can get seriously Cosmo and run silk scarves or soft make-up brushes up and down his body. You might try to stimulate his genitals at the same time that you are kissing his neck or nipples.

Again, the goal of this approach is to focus on pleasure rather than on orgasm. You're trying to help him experience more pleasure and excitement. Technically, you're trying to storm the guard that's keeping sensation away from his orgasm trigger. You'll also need to be sensitive to how much he can handle. Some men will enjoy whatever you've got to throw at them. Others will reach a point of overload, after which all you are doing is increasing their resistance.

Note: Some therapists advise that the man not attempt to have intercourse until he can actually feel that he's sexually excited as opposed to just having an erection. Hopefully, you really will focus on pleasure as opposed to ejaculation. Sex is about sharing pleasure. Even if he never ejaculates, he might learn how to feel more pleasure and joy than guys who are able to ejaculate when they want.

Harsh Masturbation Techniques as the Cause? Pros and Cons

One of the few researchers who has actually studied delayed ejaculation feels that super vigorous or unusual masturbation habits can be a contributor in some cases. He thinks that changing masturbation habits is essential in situations where the guy pounds his meat like he's making chicken fried steak. He often tries to get the man to stop masturbating for several weeks or months, with the hope that he will have to rely on his partner to help him come. When the man does masturbate, a goal is to masturbate in a way that is kinder and gentler. She might try using his other hand or perhaps use lube in a way that makes masturbation feel more like intercourse.

On the other hand, it could be that the man's penis is less sensitive to begin with or his threshold to reach ejaculation is higher, so he learned to masturbate the way he did because it's the only way he can have an orgasm. If that's the case, his strange way of masturbating isn't the cause of the problem, but the result of it.

Masturbating face down is also thought by some to contribute to delayed ejaculation. If you have trouble coming and masturbate face down, see if you can teach yourself to start stroking it when you are on your back or while standing up.

However, there are plenty of men who pound their meat mercilessly and have no trouble ejaculating during partner sex. There may also be guys who masturbate face down and whose partners find them to be prolific comers. But still, it's hard to see a downside to easing up on the grip, or to masturbate face up rather than face down, or to turn over the reins to a significant other.

The Role of Fantasies

It's possible that some men with DE have certain fantasies they need in order to get off. But the realities of having sex with a partner might get in the way of being able to call up those fantasies.

Let's say a guy has a secret fantasy where his partner is stroking his penis with her feet, or maybe she's dressed in a corset, or she pees on him, or he or she is being gang raped or someone is forcing him to have sex with another guy. These fantasies might work great for him when he's strokin' it alone, but how does he lose himself in them when he is having intercourse with a real live partner?

One of the challenges for he and his partner will be to allow enough of the fantasy to safely emerge to help him get off during intercourse. This means that exploring masturbation fantasies might be fruitful in some cases of delayed ejaculation. This might not be a problem if what turns him on is his partner wearing a certain bra or a pair of pantyhose with the crotch cut out. Most women won't be offended by those kind of requests; some will even be turned on by them.

But things can get a little dicey when his fantasies are at the extreme end of good taste and propriety or when he feels guilty about them. It can be particularly difficult to share a fantasy with a partner when he needs the same rigid scenario to get off each and every time.

For That Rare Man Who Doesn't Abuse Himself

There are situations when a man with delayed ejaculation can't or won't masturbate. If that's the case, you might start to explore the reasons and beliefs that are behind that decision. This will require introspection, which is not the hallmark of all men, let alone those with delayed ejaculation. Some men who are too embarrassed to masturbate might try doing it in stages. They can start while they are home alone, and work up to where they can do it when their partner is home but in a different room. Eventually they might try to do it when she's in the same room but with the lights off.

When Porn Might Help

It could be helpful for a man to watch porn just before or while he is making love. It might increase his level of stimulation or excitement. This could theoretically help him learn to ejaculate during intercourse, or at least learn to associate ejaculation with the feelings of intercourse. Think of it as the ejaculatory equivalent of using training wheels. On the other hand, there's absolutely no science to back any of this up.

Streaming your favorite porn while making love might not sit too well with your partner. Or it could be absolutely fine with her. So it's important to talk it over first. Also, porn might help a person with ADHD to focus better while making love.

When Porn Might Hurt

As a result of watching so much porn, a guy may have conditioned himself to need more visual stimulation than most men in order to come. It's unlikely he'll get the kind of visual hyperstimulation from real-life lovemaking that he gets from porn.

If you watch a lot of porn and have delayed ejaculation, weaning yourself from porn might be a sensible thing to try.

Training Yourself To Feel Less Sensation

A consultant to this book offered his own theory on DE. When most men feel the sensations that tell them they are about to ejaculate, they choose between letting themselves ejaculate or slowing down or changing positions in order to delay coming. However, some men with delayed ejaculation seem to have trained themselves to automatically go the other way once they start to feel an increase in sensation. They mentally decrease what they feel even though they are still thrusting at the same speed.

This specialist advises the men to stop intercourse once they have blocked sensation more than three times in one session of lovemaking. He feels that to keep thrusting simply reinforces the tendency to delay ejaculation, which only teaches men to become even better at delaying ejaculation. This is anecdote rather than science, but it might have meaning for some readers.

Old Advice vs. New

It used to be that the advice for dealing with delayed ejaculation was to try having intercourse in novel situations or in places where there might be additional excitement from the lack of familiarity, like in the kitchen or in the back seat of a car. However, this isn't mentioned as much in the more recent articles on delayed ejaculation.

This novel-situation approach attempts to distract the man from his usual *modus operandi* where he's thought to be the master of control. The goal is to help him relinquish his need for control, assuming that's one of the things that might be causing the problem.

Another strategy has been to have the man bring himself close to ejaculating with his own hands, and then quickly put his penis in his partner's vagina and begin to thrust away. Hopefully he is able to ejaculate, and he can start to appreciate that he can ejaculate inside of his partner without the world coming to an end. However, this assumes that he and his partner will find this to be of value as opposed to being yet another form of torture and torment.

Imagine What Would Happen If...

Sex therapists sometimes ask couples to imagine what would happen if the problem would suddenly disappear. The point of this is to see if fears or concerns might emerge. Is there something about the problem that's keeping both partners within a certain comfort zone? Would the man's partner worry he'd want sex more often if he didn't have the problem? Would he be tempted to try his newfound skills on other women? Would he be concerned his partner might make new demands on him. Would he sense a loss of control? None of these fears need to be grounded in reality to be impacting sexual response.

ADD, ADHD, Bipolar Issues and Abuse As Contributors

A sex therapist who has treated men with DE believes that some of his patients with attention deficit and bipolar issues could have trouble reaching high enough levels of sexual excitement to ejaculate when having sex with a partner. This is because they are tuning in to everything in the room as opposed to the sex they are having. He wonders whether some of these men watch porn while having intercourse in order to help them focus on the sex so they can eventually ejaculate.

If you have delayed ejaculation and struggle with attention issues, perhaps this therapist's observations will be meaningful for you. While no one is encouraging you to have porn blaring on a 60-inch screen during intercourse, perhaps there are things you and your partner can do to help keep you more focused on the sex you are having and on the building excitement in your body.

This therapist has also seen men who were sexually abused as boys who he feels may have trouble ejaculating as a result.

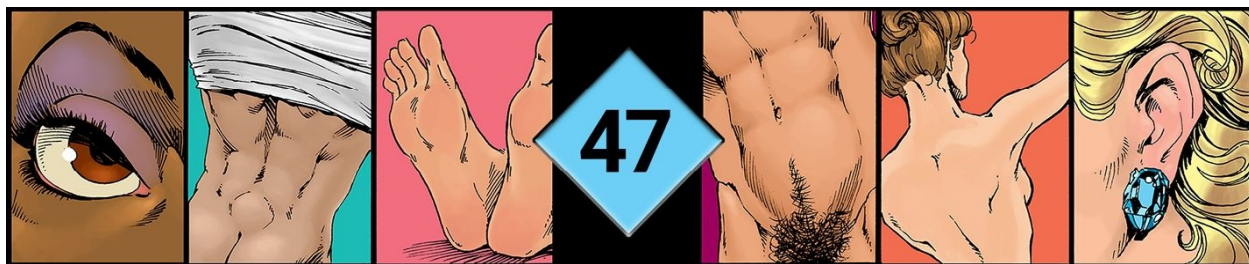
Sex Toys?

Sex toys, including a vibrating cock ring or vibrating butt plug, might provide the extra stimulation that some men need to help them ejaculate. Unfortunately, there's no research to guide on this.

Are There Drugs That Can Help?

In a word, none, as of press time. No drugs have been approved for delayed ejaculation. Dopamine agonists and anti-serotonergic drugs have been tried, but side effects can be significant and there doesn't appear to be anything on the immediate horizon.

Thanks to Stephen Braveman, Joe Marzucco and Michael Perelman.



Dead Wood. Boner Down!

Contrary to what the boner drug commercials show, erection problems happen to men of all ages, including teenagers and men in their twenties. They don't just happen to men your dad's age.

Different kinds of erection failure are discussed in the pages that follow, including possible causes and current treatment options. Hopefully you will begin to appreciate that penis problems, regardless of the cause, can be an opportunity to have better sex.

The Bummer in Your Pants

It's not unusual for erection problems to occur at the start of a sexual relationship. Call it performance anxiety, call it fear—a man might need a couple of weeks or months to find a comfortable groove. Insisting that he must have perfect erections is silly and shortsighted. As long as your relationship is solid and you want to have sex with each other, give it time.

The real danger is not with the lack of erection, but with what each of you makes of it. Short-term problems can become long-term problems if the man sees himself as a failure or the woman needs his erection to validate that she's desirable. Consider this from a young man in his early twenties:

“Last week we attempted to have sex again. Once again I went from an erection to completely unerect in a short amount of time. It happened when she said do you want to have sex. I had a feeling of uneasiness run through my entire body. It's like when you blow past a cop doing 80 and you get that feeling in your chest. There's a penetrating feeling through my body that I won't be able to get an erection and it becomes self-fulfilling and self-defeating. I don't have control over my body and that is what is so frustrating.”

A combination of sex therapy and a Viagra-like drug might be the approach of choice for this man. (Only use the boner drug, and he might become psychologically dependent on it; but if he combines the drug with therapy, he'll be getting insight while putting an end to a self-fulfilling prophecy that has become a big part of the problem.)

Soft Hard vs. Hard Hard

A lot of men don't realize that there are at least two separate mechanisms that result in an erection. That's because when they are sexually aroused, their penis goes from the first step to the second step so quickly that it's pretty much a blur.

The first step is when a penis starts to get bigger and becomes just hard enough for intercourse but remains somewhat floppy. It then requires a second step to go from bigger-but-still-floppy to seriously hard. (In urology speak, the first step utilizes the veno-occlusive mechanism while the second requires cavernosal artery perfusion pressure.)

While a lot of men with erectile dysfunction (ED) are able to achieve the first step, failure to complete the second step leaves them with a "soft erection." It's maybe hard enough to stuff into a vagina, but it can result in intercourse that doesn't last very long and isn't as much fun. So there are at least two issues to be aware of if you are having ED problems: first, if your penis can swell up, and then whether it can get hard enough and stay hard. For many men, erection drugs help make the second step more doable. Still, a pill like Viagra isn't going to transform a middle-aged or older penis into that of an 18-year old. It's an assist, not a miracle.



Hard-Ons Don't Solve Everything

Guys who are having erection problems often assume that being able to pitch a tent in their pants will fix everything. Hopefully you will stop thinking that a hard-on can fix all that ails you. Erections are marvelous wonders, but a satisfying relationship they do not make.

Unfortunately, when there are problems with a guy's penis, it begins to suck up all of the energy that a couple could otherwise use in pleasing each other. There are plenty of times when a woman would be perfectly satisfied with her partner if he would focus on her instead of on what his penis is not able to do. Consider the two following situations where having a reliable erection doesn't help:

Some men have a problem called delayed ejaculation. It's when a guy can easily get an erection, but he's not able to come or ejaculate during intercourse. Even though these men often have magnificent hard-ons, there is little magic and awe when their partner is saying "enough already." Likewise, more than 50% of men who have erection problems stop taking drugs like Viagra even if the drugs totally solve their erection problem. That's because when it comes to making love, relationship issues trump penis issues. When you haven't had sex with a partner in a couple of years, suddenly introducing a hard penis can create as many problems as it solves. As we have learned, it's not always good to give a man an erection without a few sessions of counseling for himself and his partner.

Stop Letting Your Penis Rule Your Sex Life

If your penis stalls out, try not to give it the power to ruin your sexual intimacy. Easier said than done, but what about necking for a long time, finger fucking, learning to give mind-blowing oral sex, using a vibrator or dildo, tying each other up, or acting out sex fantasies?

Success in life often depends on what we are able to make of our shortcomings. The biggest problem with impotence isn't the lack of erection. It's with a lack of playfulness and resourcefulness on the part of the man and woman when they are confronted with a penis that's being contrary.

When Your Posse Won't Ride

People often use terms such as *self-hatred*, *self-loathing* and *devastating* to describe how a man feels who is boner-challenged. (Guys with premature ejaculation often feel this way as well, and men who have solid erections but suffer from delayed ejaculation usually have less sex than other men.)

Perhaps this book is out of step or insensitive, but *devastating* is what happens when your wife or child dies or when you've just been told that you only have a few months to live. *Self-hatred* is what you feel if your business flops or if you've just blown your life's savings on something dumb. *Self-loathing* is what you experience when you've had a major stroke or accident and can't feed or bathe yourself or wipe your own ass.

There are about a thousand things worse than if a man's hard-on takes a hiatus, even if it's forever. It can certainly be frustrating and humiliating at times, but so are a lot of other things. You still have your fingers and mouth for giving pleasure, and you still have what's in your heart to love your partner with. And if you can't count at least five things in your life to be thankful for, even if your penis never gets hard again, then it's time to change your priorities.

Fortunately, modern medicine has ways to help a recalcitrant penis get hard, but it seems a shame to employ a quick cure without allowing yourself and your relationship to grow in the process. (Boner pills will often result in better erections but not in better sex.)

People who survive heart attacks and cancer learn to approach life differently as a result of the disease. A woman who is overcoming orgasm problems has to welcome a new way of embracing her body and her sexuality. It's a journey and a process. Impotent men, on the other hand, just want their dicks to get hard with no learning and no journey.

The Sufis have a saying that you have to let yourself die before you are truly born. Sometimes a guy has to give up his penis as a symbol of masculinity before he can get on with his life. Sometimes he has to realize that there's more to being a man than getting an erection or lasting for a prescribed number of thrusts. Then he sometimes has to convince his partner.

This is not to say that a man shouldn't inquire about the remedies that

modern medicine has for erection problems. He should absolutely have a full physical exam to make sure that the erection problem is not a symptom of something else, because it often can be.

Why It's So Important To Get a Physical Exam

No kidding about getting a physical exam. A gradual onset of impotency can often be the first sign of an impending stroke, heart attack or diabetes. Impotence may be a better predictor of cardiovascular disease than the stress test. That's because the arteries in the penis can start to gum up before those in the rest of the body. There is also a strong correlation between sleep apnea and boner problems. If they discover you have sleep apnea as a result of getting your erection problems checked out, your penis might have just added years to your life.

Also, researchers are now finding a high correlation between obesity and impotence. Who knew that the drive-thru at McDonald's and the Frappuccinos at Starbucks could do your dick in?

A Modern Medical Approach to the Great Groin Grinch

If you aren't able to get it up, it is likely you are muttering under your breath that we can take our Sufi logic and stuff it where the sun don't shine. You want a magic bullet that does not require introspection or lifestyle changes. Good enough.

The advice that follows is a spoof on a modern medical approach to fixing erection problems. While it conveys some wisdom, it still focuses on fixing the penis instead of helping the man behind it and the woman in front of it. It is an approach that attempts to turn the clock back to a time when the penis worked just fine. It's a regressive fix rather than a step forward, one that is oblivious to lessons that might be learned. But it can also be a helpful approach if you are mindful of other issues in your life and relationship that could be going on as well.

Dear Paul,

My bowling partner recently started having erection problems and is too embarrassed to seek help. Can you offer advice?

Bob from Boston

Dear Bob,

If your bowling partner has stopped throwing strikes for more than a couple of weeks, it's a good idea for him to take his pokey pecker for a checkup. It's important to rule out underlying medical conditions.

Modern medicine has decided that more than 99.999% of erection problems are due to physical causes, and drug companies claim their products can fix almost anything, unless your friend is a cigarette smoker. If that's the case, he might as well call a mortuary and have himself interred.

Is your friend able to get erections at all, like in the morning upon waking or when he jerks off? If so, his urologist might send him home with a device he attaches to his penis when he sleeps. It won't help to get him off, but it does record if he has erections in his sleep and for how long. If a man can get a rigid sustained erection in his sleep or while masturbating, this means the valves and plumbing in his penis probably work.

If all the valves, veins and arteries are okay, some physicians will send your friend home with samples of Viagra, or Levitra or Cialis if they own stock in Glaxo or Lilly.

If the boner pills don't work, a urologist might give your friend's penis an injection that will most likely make it hard. Don't worry, no one's going to pull out a syringe with a hollow nail for a needle and say, "Drop your drawers." It's an itty-bitty wisp of a shot that hurts less than getting a pubic hair stuck in your zipper. If a penis gets hard and is able to stay hard, then the underlying plumbing is intact and the problem can probably be fixed with a prescription.

If the shot does not make the penis hard, or it gets hard but doesn't stay hard, then they will want to rule out a circulation problem. The causes can range from hardening of the arteries (strange term for when it happens in a penis that won't get hard) to leaky valves. More tests will need to be done to peg the exact cause.

It is also possible there is a neurological problem which is disabling the body's ability to trigger hard-ons. This is similar to when you turn the ignition key on your car and nothing happens.

Another thing to check is if your friend is taking medications that might be impacting his penis. Suspicious meds range from alcohol and heroin to prescriptions and over-the-counter drugs. Some say that Tagamet can do a dick in. (Your friend isn't one of those meth-abusing party boys, is he? Recreational drugs can be very bad for a penis.)

If specialists can't find anything medical, they may consider the possibility that your friend's erection problem stems from emotional causes or a combination of something emotional and physical. To explore the emotional possibilities, some questions are in order. What was going on in your friend's life around the time when his soldier stopped marching? Did his ability to get an erection decline gradually, like the fall of Rome, or did it shut down all at once, like Bear Stearns, Wachovia or Lehman Brothers? Was there a change in his job status? Did his team not go to the Superbowl because of a lousy call in the closing seconds? Was there a change in his relationship with his partner? Did his wife leave him for another man? Did she leave him for another woman? Was he pulled from an important project, or did he lose a promotion he had his heart set on? Did he receive an unkind inquiry from the IRS?

Also, it is helpful to inquire about his relationship with his partner. If he instantly says, “Naw, it’s fine,” ask him to describe some of the things that are fine about it. See if he conveys a sense of love and fondness, or if he sounds like he’s reading the instructions on a bottle of Kaopectate. If the relationship has fallen on, dare we say, hard times, then he and his wife need to focus on fixing that in addition to his penis, which might merely be the messenger.

In order to treat erection problems that are caused by relationship problems, your friend and his partner might try to forget all they know about each other and start over again as if they’d just met. This can be difficult, especially if they have had some really terrible times together. They might try taking a month or two doing things like hugging, touching and talking, with no attempt at intercourse. They also might try sharing fun dinners, movies and doing the type of things they enjoyed doing when they first met. How about racking their bowling balls and taking a trip around town or even around the country? They might discover there really is life after bowling. On the other hand, some couples do better when they spend less time with each other. This can be especially true when one or both of them recently retired and they suddenly find themselves in each other’s face—uh, company—24 hours a day.

Your friend and his wife should be reminded that the older a man is, the more hands-on play and wooing his penis needs in order to get hard. So a man will need more penis play when he’s forty than when he was twenty. And if none of that helps, there’s this Sufi saying....

The Best Viagra Quote

One of the finest quotes about Viagra is from the *Boston Globe*'s Ellen Goodman:

“I can't help wondering why we got a pill to help men with performance instead of communication. Moreover, how is it possible that we came up with a male impotence pill before we got a male birth control pill? The Vatican, you will note, has approved Viagra while still condemning condoms.”

Erection Drugs—Be Sure to Read the Instructions

Viagra should be taken on an empty stomach. This is a major reason why Viagra doesn't work very well for some men: they don't take it on an empty stomach. If you are using erection drugs, carefully read all of the instructions.

There are other boner drugs with names like Levitra, Cialis and Stendra. If side effects aren't a problem, men often prefer Cialis because it lasts for a few days and they don't have to take it just before intercourse. Regardless of what you take, do not buy erection drugs from online sellers unless you know they are a licensed pharmacy. There is a lot of counterfeit Viagra on the Internet.

Viagra in the Cockpit, Cialis in Your Hamstrings

Pilots are not allowed to take Viagra for twelve hours before a flight, and it's not because the FAA is worried the pilot will accidentally grab the co-pilot's erection instead of the landing-gear controls.

Most of the boner drugs in use today are called PDE5 inhibitors. They work by inhibiting an enzyme in the penis which helps the blood vessels dilate. There is a similar enzyme in our eyes that can also be impacted by Viagra which can result in altered color perception. (It's not like the pilots will be seeing flying vaginas. Just a blue haze.)

PDE5 inhibitors like Viagra and Cialis can inhibit other PDE enzymes in the body, and that's where the side effects come into play. The reason Viagra can cause vision issues is because it also inhibits PDE6 which is an enzyme that resides in our eyes.

Cialis leaves PDE6 alone, but it can impact PDE11, which is an enzyme in our skeletal muscles. So a major side effect of Cialis can be back aches, pain in hamstring muscles, and other aches and pains throughout the body. While these side effects don't impact some men, other men find them to be quite severe. (Approximately 7% or more of men who take Cialis have these side effects which can be very painful).

Since each of the boner drugs effects a different PDE enzyme besides just PDE5, the side effect profile is different for each one. This is why it can be a good idea to sample different erection drugs when you are first taking them. See if there's one that helps create a good erection but has few if any side effects. Since each man's body is different, it's impossible to predict which will be best for you.

If you can't find a pill that works without causing side effects, talk to your urologist about the injections that can help make you hard.

Penis Injections and Pellets That Make You Hard

There are compounds that cause an erection when they are injected into the penis, assuming the plumbing is intact and can maintain an erection once the penis gets hard. A compound called Papervine was formerly used for this purpose, but now, different combinations of ingredients are used, such as a combination of papervine, phentolamine, and prostaglandin E1.

There is an erection-inducing pellet or suppository called Muse that a man can place in his urethra (pee-hole) to help make his penis erect. It can work very well for some men, and not for others. One suggestion, besides carefully reading and following the instructions, is to try intercourse positions where the man is standing or sitting upright.

There are other orally-prescribed drugs that might help some men to get hard. One drug that is sometimes prescribed is called yohimbine. Yohimbine is native to Africa. It can be found in health food stores, but since the cost of yohimbine isn't much more by prescription, why not get it from a urologist? That way you can be sure you are getting the yohimbine in consistent doses, which is not true for the yohimbine in health food stores. The physician can also rule out possible health related issues.

Levitra as a Thrill Pill for Younger Men Who Don't Need It?

At least the people who make Viagra have had the decency to market their drug toward guys who might actually need it. No such claim can be made by the makers of Levitra, which has run ads that were clearly meant to target younger men who get it up just fine. In one of their ads, they show a young stud trying to throw a football through a tire. It bounces off to the side. After the word Levitra is mentioned, he gets the ball through the tire several times. He is then joined by his smiling wife or girlfriend whose tires he seems to have successfully rotated.

An important thing to know about boner drugs is they don't add much to sex if you're able to get a good erection to begin with. Side effects can also be a problem in addition to the cost. Please read the account of a younger man about his experience with how boner drugs can cause psychological dependence (see [quote](#)).

“Ejaculate Like a Porn Star,” “Add an Inch in Two Weeks,” “Natural Male Enhancement,” “Recharge Your Libido”— Some Seriously Iffy Ideas

There are few living humans who haven't seen ads for herbal pills that promise to get a man horny, big and hard. Some of these products are cleverly marketed to make them look legitimate.

Some of the companies that produce these pills are being shut down for consumer fraud. Also, if you or your in-laws wanted to make herbal supplements in your garage and sell them on TV, you can. Even if there are rodents crawling over the equipment and cats sleeping next to it, there are no regulations on herbal supplements. You could put cow plops in herbal pills and run ads for them; the only way the government will test herbal pills is if about a dozen people suddenly die.

If there really were a pill that could do all of the things the scammers and spammers say their pills can do, don't you think the multi-billion dollar drug companies would be selling it?

Pumps & Implants

Some men find vacuum pumps are useful erection aides. Pumps are bulky and cumbersome, but they might be worth a try if you are in search of a lost erection. There are different suppliers for vacuum pumps. Be sure the pump you purchase includes gaskets which keep your scrotum from getting sucked up into the vacuum tube. Some of the penis pumping companies that market to gay males sell excellent units for less than half the cost of pumps that are Medicare approved. Still, expect to pay \$100 for a decent rig.

There are different surgical implants, from semi-rigid shanks to implants with little pumps that will give a man an erection. Frequent improvements are being made in the technology. Please research this subject carefully before making a decision.

Bicycle Seats As a Cause of Impotence

Urologists have been saying for years that bicycle seats are causing erection problems in men and clitoral numbness in women. They have been seeing case after case of young male bike riders with numbness in their crotches and erection problems. It's not so much that these young men can't get it up, but that it won't stay up. Instead of wanting to study the matter further, some of the bike magazines apparently tried to discredit the concerned physicians.

But the bicycle industry has underestimated the steadfastness of the crotch docs who have wired bicycle seats in their research laboratories with more sensors than the Sands Casino when it was demolished. They have also done studies on bicycle-riding policemen whose penis heads were connected to oxygen sensors. They found that the typical bicycle saddle robs the penis of 80% of its oxygen and causes a decrease in erections during sleep. Plus, there's a major nerve to the penis that runs between a man's legs. It takes a terrible thrashing when he is using a traditional bike seat or saddle.

If you are a guy, you have probably experienced a tingling sensation in your penis after riding a bike for awhile. It's not normal. It is from crotch compression which can damage the nerves in your penis or in a woman's clitoris.

A good way to explain this is to compare sitting in a chair verses on a bike seat. When you sit in a chair, your weight is distributed across your entire butt and thighs. The circulation in your crotch is not compromised and the nerves aren't damaged. But when you are on a bike, the entire weight of your body is bearing down a very small part of your crotch that provides the oxygen and nerves to your genitals.

Bike saddles with the cutouts have been advertised to eliminate the problem, but they can actually make it worse. That's because with the cutout, there's even less area to distribute your weight over.

Women are no more immune than guys. Researchers have found a measurable decrease in sexual sensation for women who ride seriously. They've also found a condition on competitive riders called "Bicyclist's Vulva" where one of the labia can grow bigger due to the pounding a woman's crotch takes

from the seat.

There are two possible solutions: The first is to raise the handlebars above the level of the seat so you sit up instead of crouching over. This will help somewhat. The other solution is to get a no-nose bike seat or saddle. Innercity cops who ride on bikes swear by them. For a list of no-nose saddles, enter “bike” in the search box at www.Guide2Getting.com.

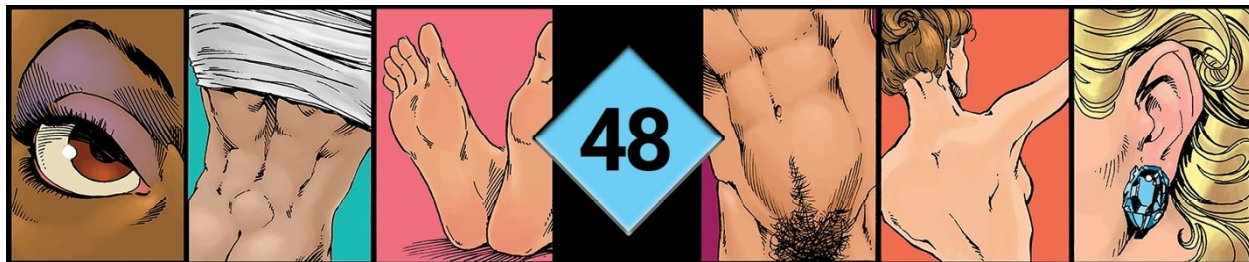
Pharmaceutical Sex Assassins That Impact Both Men and Women

You wouldn't believe how many over-the-counter or prescription medications can mess with everything from your ability to get hard or wet to your feelings of desire.

One of the most common sources of sexual side effects are antidepressants known as SSRIs. According to the Journal of Sexual Medicine, any person who has been given a prescription for an SSRI antidepressant should be given a warning such as the following:

“There is a high probability of sexual side effects while on SSRI medications. There are indications that in an unknown number of cases, the side effects may not resolve with cessation of the medication and could be potentially irreversible.”

SSRIs are antidepressants that include Prozac, Zoloft, Paxil, Lexapro, Luvox, Celexa, Effexor, Serzone and Remeron. (While not related to erection problems, women who take SSRIs and use hormonal methods of birth control are especially at risk for low desire and other sexual side effects.



Damn That Hurts! When Sex is Painful

Few men understand how painful sex can be for some women. This isn't pain from the kind of rushed and rough sex that's typical in porn. Instead, think of when a Q-tip is pressed against a woman's genitals and it causes her to flinch in pain. Or when intercourse with a gentle lover creates an intense burning sensation in her vagina or makes her feel like she's being stabbed with a knife. Or when the muscles around the opening of her vagina are clamped so tight she can't insert a tampon.

For plenty of women with sexual pain, it's not this severe. But it still makes sex something they endure rather than enjoy.

Many of us assume there are two times in life when sex hurts for women: their first time and after menopause. We don't realize that more than 20% of women in their teens, twenties and thirties can experience pain during sex, and not just once or twice. This is chronic pain for months or years.

What Chronic Pelvic Pain Isn't

A good way to describe chronic sexual pain is to start with what it isn't. While rushed or clumsy lovemaking can make sex painful, this can usually be resolved with effort and education or by finding a new lover. That is not the case when there is chronic pain during sex. Sometimes a woman can have great sex with a man for years, and then suddenly develop pelvic pain. Or she will have pain from the first time she tries to put in a tampon and it doesn't go away, no matter how many different lovers she tries to have sex with.

Chronic sexual pain isn't when a woman is enjoying intercourse and the head of her partner's penis hits her cervix and it feels like she was punched in the stomach. Nor is it the pain a woman feels if she is dry and needs lube. Chronic sexual pain doesn't go away by adding lube. Chronic pelvic pain can't be fixed by changing positions or by wrapping her legs around a partner's waist instead of around his neck. It's not a matter of lube or logistics.

A lover's penis might be three clicks bigger than huge and a woman may need to do exercises like they teach in childbirth classes to fit it in, but that is not usually what causes chronic sexual pain. Chronic sexual pain is pretty much there each and every time a woman has intercourse, assuming she is able to have intercourse. It doesn't suddenly get better if she has sex with someone else like her partner's younger brother.

While menopause may bring its own set of issues that can lead to pain during intercourse, the type of pelvic pain this chapter is about is not brought on by menopause.

The Rest of this Chapter Is Addressed to Women

A problem with defining pelvic pain is that whatever caused it probably occurred long ago. This might have been an infection inside your vagina or it may have started from a dermatological condition in the sensitive area between your lips called the vulvar vestibule. The vulvar vestibule is like a small platform that the urethra (pee-hole) and the opening of the vagina are mounted on.

The pain might have developed in response to an uncomfortable gynecological exam, or a sudden surge of hormones in your body that went back to normal in a few days, weeks, or months. It could have been caused by taking oral contraceptives, or by an allergic reaction.

As long as there are no current conditions that might be causing the pain, the cause is not what's important. The problem you are probably dealing with now is the reaction (or over-reaction) of your nerves and muscles to something that happened long ago. But as far as your body is concerned, this doesn't make it any less severe or less painful than if it happened yesterday.

Creating a Strategy

There are several books on sexual pain, some of which are recommended in this chapter. Unfortunately, many offer an approach that doesn't take into account the complexity of the problem. Here are some of the steps that may be required to help resolve your sexual pain. Some researchers say it will require all of these steps to fix the problem:

- Getting a thorough exam to rule out medical conditions that might be causing pain. This can be done by a gynecologist or a physical therapist who specializes in pelvic pain disorders—in a perfect world, you would see both.
- Learning all you can about chronic pelvic pain before you try various solutions.
- Retraining your central nervous system.
- Retraining the muscles in your pelvis.
- Involving your partner if you have one.

Eliminate the Obvious

While the original cause of your pelvic pain may be long gone, you will need thorough exam by a competent gynecologist to rule out any causes of pain that still might be ongoing.

Deep-thrusting pain is sometimes caused by constipation or pelvic inflammatory disease. Shallow-thrusting pain has a larger range of possible causes, from adhesions under the clitoral hood or episiotomy scars to yeast infections. There are a number of pain-causing conditions with names that are difficult to pronounce. Some are listed in the preceding chapter. It would seem that most gynecologists would know how to treat chronic pelvic pain, but few specialize in this area. This is why the next step is so very important.

Knowledge—The Key to Any Strategy for Pelvic Pain

Fortunately, pelvic pain is not as hopeless as it used to be—far from it. But to help assure a positive outcome, you need to be well informed from the very beginning. Research is now being done and there are good resources. But it will be up to you and your partner to form a strategy, or just you if you don't have a partner.

Assuming you are in good gynecological health, one of the first things to do is to read the resources that are suggested in this chapter. Please do this before venturing on an odyssey through the healthcare system. Hopefully you will find other resources as well, but a good place to begin is with the *When Sex Hurts* book and at the website of the [National Vulvodynia Association](#). (See *Resources* at the end of the chapter.)

Is the Pain in Your Head? YES!

Whatever caused the pelvic pain in the first place is usually gone by the time you see one of umpteenth healthcare providers who women with pelvic pain often see. So you will soon start to hear that the pain is in your head. And for the most part, this is true! That's because all pain comes from our heads, or our brains, anyway. It doesn't matter if you step on a nail or break your arm. The pain is controlled by your brain, which decides when to turn the pain on and when to turn it off, as well as when to turn it up and down.

What probably happened is your nerves and the muscles between your legs responded to the initial provocation exactly as they should have. Your brain assessed the incoming data from the nerve receptors in your genitals, decided there was a problem, and started setting off pain alarms. And then the muscles in your pelvis probably started clamping down to help protect you from what your brain perceived was a threat.

But after the threat was gone, your brain and the muscles never got the memo. They might still be fighting a in a war that's long been over. They are still on hyper alert, as if the cause of the pain was never resolved. Whatever happened in your genitals created the perfect storm, especially if you have a genetic predisposition to being tense or anxious.

The Pain Is Also on Your Forearm and in Your Feet

Researchers have discovered that women who have chronic pelvic pain are more sensitive to pain throughout their entire body. This is called pain amplification. It's a nice way of saying things are messed up. When researchers put noxious substances on the forearms and feet of women who do and don't have pelvic pain, the women who have pelvic pain notice the pain much more. It's as if whatever went on in their genitals created a hypersensitivity throughout their entire body. The skin all over their body becomes more sensitive to tactile sensation. This is often the case with pain disorders. Pain in one part of the body can make us more sensitive to pain in other non-related parts.

Some women with chronic pelvic pain become so hyper alert that even thinking about sex can cause them pain. Sexual fantasies which may have made them want to masturbate or jump their partner on the spot might now cause them to feel pain in their genitals. This pain is every bit as real as the pain you feel when you hit your finger with a hammer.

The good news is that it's possible to retrain a nervous system that is on hyper alert. To learn more about how, you'll want to read the *Why Pelvic Pain Hurts* book that's listed at the end of the chapter.

Pelvic Floor Muscles — The Pit Bull in Your Panties

The muscles in the pelvis are usually players in chronic pelvic pain conditions. Sometime they are the key players, other times not. But by the time a woman has chronic pain during sex, her muscles are usually doing things they shouldn't.

A pelvic pain specialist who works with elite athletes says that a number of her patients who do repetitive motions on one side of their body have pain during intercourse as a result, eg, tennis players, volleyball players, golfers, shot putters, javelin throwers, *etc.* The muscles on that side of their pelvis become tense or tight and can make intercourse very painful. So for these women, physical therapy involves biofeedback that helps them learn to relax the muscles on one side of their pelvis.

The sexual pain for these athletes began in their pelvic muscles. In other women with pelvic pain, the muscle problems in their pelvis began after the original cause of the pain. One or more of the pelvic muscles tightened up to help protect the women from the source of the problem. Muscle groups in the pelvis that control the opening of the vagina may have started clamping shut whenever something like a finger or penis touched a woman's genitals, and they continue to do so. The muscles might stay relaxed until there is touch, and then they go ballistic.

For other women, the muscles in their pelvis never relax. They are like a pit bull in your panties. There can also be trigger points along various muscles in the pelvis. Touch or pressure on these trigger points can cause excruciating pain. This is why a strategy to eliminate pelvic pain will most likely need to include teaching the muscles in your pelvis to relax. The *Sex Without Pain: A Self-Treatment Guide* listed at the end of this chapter shows some of the ways it can be done.

Your Partner: Ally for Intimacy or ???

Most approaches to pelvic pain list involvement of the woman's partner as a footnote, if that. Unless your partner is a useless tool, he or she can be your biggest ally.

Women who experience sexual pain often avoid sexual intimacy with their partner. This is a mistake. It almost never turns out well. The job of a couple is to figure out the types of sexual intimacy they can enjoy that don't cause pain. Once a woman can be sure her partner won't reach for her crotch, there are many ways the two of them can enjoy sexual intimacy.

Different partners respond to a woman's sexual pain in different ways. For simplicity's sake, let's assume there are three types of partners:

What a Dick! This is a guy who either doesn't believe your pain is real or doesn't care. He's angry that he's not getting the sex he thinks he deserves. The last thing he tries to be is reasonable, supportive, or helpful. Why you stay with him is beyond the scope of this book and probably has your friends stumped as well. The prognosis for pain-free sex with this type of partner is unlikely.

Mr. "I feel your pain!" This type of partner is so solicitous and afraid of causing you pain that he becomes a pain himself. Rather than being a ray of hope, he ends up reinforcing sexual pain. Pelvic pain has compromised your intimacy. You need an ally who will inspire you in battle, not a wimp who is going to bring you aspirin. You need someone who is strong as well as sensitive.

The Man! This is the guy who is going to help keep sexual intimacy alive in your relationship without creating more sexual pain. This is the partner we all want to be, and on some days, we are! This is a man who wants to learn about your pelvic pain. He wants to backstop your efforts, but doesn't need to take over. He understands the shots are yours to call, but he isn't afraid to offer the point of view of a third party who might understand things about you that you don't.

He's a man who isn't afraid to say, "If that hurts, let's find something we both like to do that doesn't hurt." He's not afraid to be an unflinching advocate for sexual intimacy with you.

Reconnecting with Your Partner

While women who have sexual pain do not have anywhere near the level of sexual satisfaction as other women, their satisfaction with their relationship is often the same as women who don't have chronic sexual pain. It seems that sexual pain can bring some partners closer. However, there are situations where a woman will begin to avoid her partner's touch in order to avoid having sex. Maybe she'll go to bed earlier or later than he does, or when he says sexy things to her she freezes up rather than smiles. He will often assume her distance is because of something he's done, or because she would rather have sex with someone else.

A strategy to treat sexual pain will often involve reconnecting with your partner. Maybe this is something the two of you can do together, or maybe you can use the help of a couples therapist or a sex therapist. At the very least, it would be a good idea to ask him to read this chapter.

Sexual Intimacy With Your Partner When You Have Pelvic Pain

Only one chapter out of all the chapters in this book is on sexual intercourse (penis into vagina). This should speak volumes for how many ways there are to share sexual intimacy without having intercourse. Here are a few suggestions for how a partner can be sexually intimate with you without touching your vagina:

■ Smother your inner thighs with kisses, avoiding the part of your crotch that hurts when it's touched.

■ Shower your abdomen with kisses, from your navel to the top of your mons pubis (landing strip area) and from one hip bone to the other.

■ Did your partner used to be the incredible make-out king? Dust off his make-out skills and give them new life!

■ Are there fantasy scenarios that turn you on or you used to enjoy acting out together? Have you ever done role playing?

■ Is it possible the two of you will like reading erotica together?

■ Perhaps you like breast play. Maybe it's in the form of tender kisses or you like a firm approach and have a favorite pair of nipple clamps. If so, he should be on it.

■ If you enjoy anal stimulation or anal sex, there shouldn't be anything stopping you.

■ If you like being restrained or spanked, go for it.

■ Some women with pelvic pain are able to masturbate. Your partner can hold you or kiss and caress you while you masturbate. Maybe you can masturbate together.

The purpose of this is for the two of you to share sexual intimacy. It is not a step on the way to having intercourse. This is your safe harbor of sexual intimacy. Making it a milestone on the way to intercourse will only ruin it.

As for the things you can do to satisfy him, stop assuming there are rules that sex isn't sex unless a penis goes inside a vagina! There are dozens of ways you can give a partner sexual pleasure without your vagina being involved. If you are short on ideas, read the chapters in this book on handjobs, blowjobs, the testicles, the prostate, and more.

Just kissing your partner's neck and nipples, or letting him kiss you while he's masturbating might lead to more sexual satisfaction than a lot of couples have.

Dissociation vs. Pleasure

One of the bigger problems in treating sexual pain is when its focus is on eventually having intercourse instead of being about sexual pleasure. If the goal is intercourse, the woman will often dissociate or mentally leave her body to ignore the pain.

While it's easy to understand why she might do this, it is unlikely to work. Besides, is this how you want sexual intimacy to be—where the woman mentally numbs herself so her partner can get his penis inside of her vagina? (Pelvic pain specialist Talli Rosenbaum has written about this. See the references at the end of the chapter.)

A Problem with Hormonal Contraceptives

Contrary to popular belief, women's bodies make testosterone and men make estrogen. The skin on a woman's genitals is sensitive to testosterone and it needs a certain amount of testosterone to be healthy. The problem with hormonal methods of birth control is they decrease the amount of testosterone in a woman's body, often times considerably.

This can cause a thinning of the skin in a woman's genitals. It also could be the reason why women who use hormonal contraceptives are six times more likely to experience pelvic pain than women who don't use hormonal contraceptives. And it's one of the reasons why physicians who specialize in pelvic pain will often suggest you discontinue using hormonal contraceptives that may be decreasing your body's level of testosterone.

Can Bicycle Seats Create or Contribute To Chronic Sexual Pain?

Research has found an association between bicycle seats and clitoral numbness, but there's been no research on bicycle seats and chronic sexual pain. If you have chronic sexual pain and ride a bike, consider switching to a no-nose saddle. For a list of no-nose saddles, enter "bike" in the search box at www.Guide2Getting.com.

Caution about Kegels, Pilates and Yoga for Pelvic Pain

For years, Kegel exercises have been suggested as a nearly universal “cure” for all things going on in the female pelvis. Yet Kegel exercises that are not done properly can contribute to pelvic floor problems. And even when Kegel exercises are done properly, they can make an already painful situation worse. This is particularly true when some of the muscles in your pelvis are already clenching or have too much tone. It’s one of the reasons why it is so important to be examined by a physical therapist who specializes in pelvic floor problems if you are experiencing chronic pain during sex. If your personal circumstances prevent this, at the very least, read the books mentioned at the end of this chapter to learn more.

The same cautions apply for Pilates core exercises that are designed to strengthen pelvic floor muscles and certain Yoga regimens. While these exercises can be beneficial when done correctly by women who have no pelvic floor problems, they should not be used as a treatment for pelvic floor pain without an evaluation first.

The Journey Forward

If you have insurance or the financial means and are in proximity of a gynecologist or physical therapist who specializes in female pelvic pain, then a hands-on examination is essential. Women who have pelvic pain tend to dread gynecological exams, but rest assured, if you can find a gynecologist or physical therapist who specializes in sexual pain, it should not be like your past visits to healthcare providers.

BOOKS

Here are two of the most important books you can read at the start of your journey to eliminate sexual pain:

When Sex Hurts: A Woman's Guide to Banishing Sexual Pain by Andrew Goldstein, Caroline Pukall, and Irwin Goldstein, Da Capo Lifelong Books. This book was written by three of the top specialists in the research and treatment of women's sexual pain. You won't find a more competent resource on sexual pain anywhere.

Why Pelvic Pain Hurts—Neuroscience Education for Patients with Pelvic Pain by Adriaan Louw, Sandra Hilton and Caroly Vandyken. This little gem explains what's going on in the nervous system of people with pelvic pain. It is easy to read and incredibly helpful.

Sex Without Pain: A Self-Treatment Guide to the Sex Life You Deserve by Heather Jeffcoat is recommended but with reservations. It does a good job of explaining how to examine your genitals and do the exercises that are often used to help retrain the muscles in the pelvic area. The reservations are because it tends to promise a one-dimensional cure to pelvic pain, when treating pelvic pain can be much more complex than retraining the pelvic floor muscles. Also, the author suggests readers use the resources on her website including her list of specialists, when excellent physical therapists and gynecologists who specialize in pelvic pain are not included. The book does say to not take shortcuts and the advice is sound and up to date.

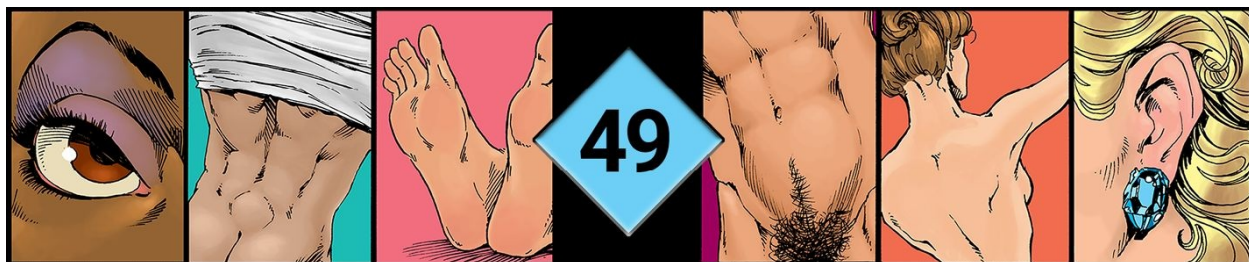
Other books to consider include Amy Stein's *Heal Pelvic Pain: The Proven Stretching, Strengthening, and Nutrition Program for Relieving Pain*,

Incontinence, & I.B.S., and Other Symptoms Without Surgery. This book gets good reviews, but hasn't had a refresh in years. As for "proven," maybe if you are a patient of Ms. Stein's where you and she can tap into her years of experience in evaluating your problem. But this doesn't mean other readers will find a cure by reading this book or any other. —Harold Glazer's book *The Vulvodynia Survival Guide: How to Overcome Painful Vaginal Symptoms and Enjoy an Active Lifestyle*, but it hasn't had a refresh in years. Also, Claudia Amherd's *7 Steps to Pain-Free Sex: A Complete Self-Help Guide to Overcome Vaginismus, Dyspareunia, Vulvodynia & other Penetrations Disorders*.

For organizations, the National Vulvodynia Association is excellent www.nva.org. In Canada, contact the Women's Health section of the Canadian Physiotherapy Association: www.physiotherapy.ca.

For Talli Rosenbaum's article, click on the "publications" section of her website at www.tallirosenbaum.com/en.

A very special thanks to Caroline Pukall, Ph.D., Psychology Department, Queen's University, Canada.



The Pill, Your Sex Drive & Depression

“I have noticed a big decrease in my sex drive since I started taking the pill. I am not randomly horny anymore and I used to be all the time. I used to want sex at least once a day.” *female age 20*

“After a not-so-great experience with the first brand, I switched to a low-dose birth-control pill. I like it. I have no side effects at all. My sex drive is back, which is great!” *female age 19*

“I used the pill and saw no effect on my sex drive whatsoever. However, my twin sister took the pill and saw a marked decrease in her sex drive. It just goes to show that everyone reacts differently—even identical twins.”
female age 21

Little research has been done on the impact that birth control pills have on a woman's sex drive and mood. Yet in our sex survey, more than 35% of women have said they experienced unpleasant sexual side effects from using hormonal methods of birth control. However, 65% of women had no complaints about the pill, with some saying their sex drive is even higher now that they are taking it.

As for the pill and depression, a few weeks before this edition of The Guide went to press, a study involving thousands of women from Denmark found that using hormonal birth control substantially increases a woman's chances of becoming clinically depressed. This includes the pill, Mirena IUD, the implant, NuvaRing and Depo Provera. The authors believe it could be the progestin that's a major component of hormonal birth control that's the guilty party. That's because women who used progestin-only forms of birth control suffered from significantly more depression than women who took hormonal birth control that also contained estrogen.

Before you begin taking hormonal birth control, write down your answers to questions at the end of this chapter. That way, you'll have a baseline to refer to after you've been using hormonal birth control.

NOTE: It used to be that the only hormonal method of birth control was the pill. Now there are different delivery systems such as the NuvaRing, Minera IUD, Implanon implant, the patch, and the Depo shot. For simplicity's sake, this chapter usually refers to all of these as "the pill."

Impact on Your Sex Drive: Less Than 5% or More Than 25%?

“We used to use condoms until six months ago when I started taking the pill. I love the pill! I have noticed no change in my desire for sex since starting it. I was incredibly horny before and am still incredibly horny now!” *female age 19*

“I took the pill for five months but stopped because it gave me horrible side effects (no sex drive although I was a newlywed, depression, paranoia, panic attacks, weight gain, and heart burn). Now that I’m off hormones my sex drive is a whole lot better.” *female age 21*

Healthcare providers often tell women that less than 5% of women have sexual side effects when taking the pill. That’s because most studies that have asked women about the sexual side effects of taking the pill have only included women who had been taking it for five years or more. But women who experience a drop in sexual desire often stop taking the pill within the first year. So sexual side effects are greatly under-represented. Also, these studies are easy to manipulate, and most of the studies have been funded by the drug companies who have a vested interest in the outcome.

Are Women Too Suggestible to Deserve Adequate Warnings?

“My doctor never told me that I could have any of those side effects. Sure, I was expecting weight gain and such, but not depression and NO sex drive.” *female age 21*

“This is the third brand of pill I have been on. The first was a three-month kind, which left me spotting for weeks, made me frustrated and took away my sex drive. The second made me very depressed with a sex drive that rose and fell like crazy. This third one has leveled out my emotions and might be making my sex drive a little stronger than before.” *female age 20*

Healthcare providers don't always warn women about the sexual side effects of hormonal birth control. Some feel that to warn women about sexual side effects would plant the idea in a woman's mind. Fortunately, there are different pill formulations and types of estrogen and progestin that a woman can take. With the help of an astute healthcare provider, a woman who is not doing well with one type of pill might try a different one or a different delivery system such as the NuvaRing or IUD. (The copper IUD known as Paragard does not release hormones, while the Mirena, Kyleena, Liletta and Skyla IUDs release from 13.5 mg to 52 mg of the progestin levonorgestrel which is a hormone.)

So What's Going On?

“No change whatsoever... Still horny as a dog.” *female age 21*

“The pill has totally suppressed my sex drive. I have hardly any desire.”
female age 22

“I definitely enjoy sex way more knowing that I won't get pregnant if the condom breaks or slips off.” *female age 24*

While testosterone tends to be associated with men's bodies, having a certain amount of it is necessary for most women to have a healthy sex drive. Unfortunately, birth-control pills lower the amount of testosterone in most women's bodies. This can sometimes reduce or totally kill the sex drives of some women. Exactly how much testosterone a woman needs can vary: one woman might handle a drop in testosterone with no adverse effects, while another will want to curl up with a book instead of a lover.

There is also another factor: some women's sex drives are more testosterone dependent, while for other women, it's the kind of relationship they are in that's the bigger issue. Researchers have also found that women who live in a country where they don't expect to enjoy sex report fewer sexual side effects from the pill than women who live in countries where they do expect to enjoy sex.

The Importance of Smell

For some women, their partner's smell or scent registers in a sexual way. They might cherish wearing a lover's shirt that has his scent on it. (This would be his scent, as opposed to his smelly BO. There's a big difference!) Unfortunately, a woman's ability to smell a man's scent is inversely impacted by hormonal methods of birth control like the pill. So if smell is an important turn-on for a woman, the pill might be impacting her in ways that people usually don't think about.

The Pill and Pelvic Pain

Women who use hormonal birth control are six times more likely to experience pelvic pain than women who don't use hormonal birth control. This could be due to a thinning of the skin on the genitals that occurs when the level of testosterone in a woman's body falls too low, which is a side effect of use hormonal birth control. When women who are using hormonal birth control have chronic pain during sex or the skin on their genitals is frequently irritated, one of the first things pelvic pain specialists often recommend is they stop using the hormonal birth control.

Pill-Related Benefits

A woman who is using a highly effective method of birth control is more likely to want sex than a woman who has to worry about becoming pregnant. Also, pills can help women who have premenstrual mood issues, as well as helping to decrease period flow and cramping. This might explain why some women prefer pills with a higher dose of estrogen than low-dose pills, because the extra estrogen might help decrease the bleeding, cramping, and premenstrual mood fluctuation.

Some formulations of the pill decrease acne. This might help a woman to feel more sexually attractive. But these pills zap zits because they excel at reducing testosterone which can cause acne, so the cost of clearer skin could be a lower sex drive.

Gauging Your Sex Drive Before You Start Taking The Pill

You might find it's helpful to jot down the answers to the following questions before you start taking the pill. Then you'll have something to refer back to in six months or a year to make sure there haven't been changes in your mood and sex drive that could be related to the pill.

- If you've been having sex, write down how many times a month and how satisfying it is or isn't.
- Are there times of the month when you feel especially horny? See if it changes after you start taking the pill.
- If you have a partner, are you aware of his scent? Is it a turn-on, toss-up, or a turn-off?
- How many times a month are you masturbating? It can be helpful to compare the frequency before and a few months after you start taking the pill.
- Jot down a few things about how your life is going in general. How are things at school, at work, with your friends and roommates? How do you feel about yourself? Do you like yourself?
- Do a screen capture of your social media posts. In a few months, this might help you to better recall your mood before you started taking the pill.
- Relationship quality: if you are in a relationship, take a pre-pill inventory of what's going right and what's not.

Keep in mind that it's perfectly normal for couples to feel less horny over time, which has nothing to do with the pill. If that's been happening, you'll need to decide if some of it is related to using hormonal birth control or not.

More Reader Comments

"I was on the shot, the ring and the pill. The shot made me bleed for 6 months straight, the ring gave me headaches so bad that I threw up, and

the pill made me cry all the time. My next adventure in birth control will be the diaphragm.” *female age 26*

“I use the NuvaRing, and I love it. I haven’t noticed a change in sex drive, but I have noticed that I seem to be constantly wet.” *female age 19*

“On the pill, it’s harder to maintain your weight and tone even when you are eating right and exercising regularly. It fluctuates your water weight and feeling of attractiveness which can affect your desire for sex.” *female age 22*

“I’m on the combined pill. My sex drive has dipped a bit, but that may be because the initial lust-driven ‘we must have sex every night’ has died down a little. Of course, staying at his parents house for two months didn’t help.” *female age 21*

“I think my sex drive is lower. But it is something that happens gradually, so it is hard to be sure. It definitely makes my discharge thicker, which sometimes makes it a little harder to have sex. I am not as wet and we have to use lube sometimes. I used to be on Ortho Tri-Cyclin Lo, and that had a huge effect on my sex drive. I was extremely depressed and did not want sex at all.” *female age 26*

“I was on Mirena for 3 years, and I sunk into a period of low sexual drive. Also, in my 3rd year, it made me have my period every week for 3 weeks at a time. Now that I am on Ortho Tri-Cyclin Lo, I have increased sexual energy, and less problems.” *female age 28*

“These days I am so horny, that I don’t think it’s affected me!” *female age 33*

“I hate the pill. Makes me a total bitch.” *female age 25*

“I used the pill in college—went through three different brands and had so many side effects and very little desire for sex. Now I just use condoms and feel like my horny self again. *female age 25*

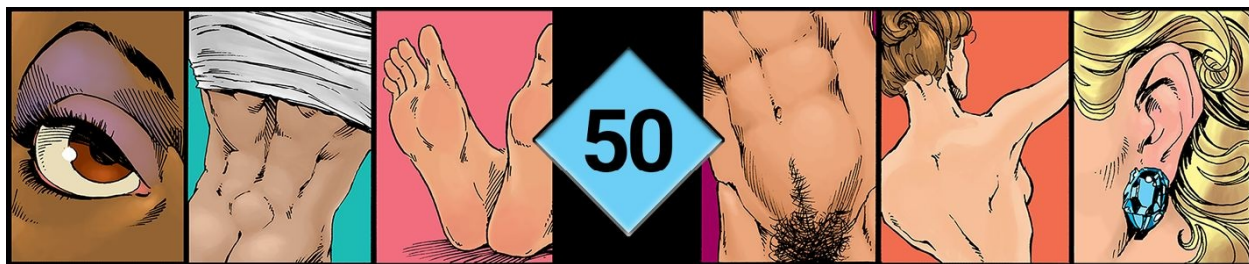
“When I was on the pill, both combined and pop, I found that my desire definitely waned.” *female age 40*

“The pill has totally suppressed my sex drive. I have hardly any desire.”

female age 22

“I use the NuvaRing. I absolutely love it! I no longer forget to take pills, it is more reliable, and my partner doesn’t feel it.” *female age 21*

With Gratitude to Cynthia Graham and John Bancroft for being among the few who are trying to do this kind of research in spite of a pharmaceutical industry has not wanted these questions to be asked.



Rape & Abuse: Good Sex after Bad

Some sexual acts are uninvited and forced, leaving confusion in their wake, especially when the person involved is an otherwise kind and important figure in your life. This chapter looks at the aftermath of abuse and rape with an eye on learning to have good sex after bad. The information it provides is a small drop in a large and sometimes difficult bucket.

While sexual assault is not unique, you are. What works for someone else might not work for you. Be diligent in finding information that is helpful and be cautious when self-described experts tell you what you should do instead of giving you a wide platter to choose from.

The first part of this chapter assumes that the person who experienced the assault or abuse is female and that the perpetrator is male. That's how it usually is, but not always. The last part of the chapter is for straight guys who have been raped by other men, although gay men get raped as well.

Rape Versus Abuse

Rape and abuse are often lumped together, as if the experiences are the same because they are both sex crimes. Depending on who you are and what happened, this may or may not be true. Let's consider two women whose only similarity in life is that both had sex forced on them.

The first woman grew up in a safe and loving home. Her parents were always there for her. The men she chose for lovers were respectful and decent. In times of stress and tumult, her family was a resource she could fall back on. When she was raped at age 24, her family and friends circled the wagons and stood by her. When she was trying to rebuild her sex life after the assault, she had the memory of many satisfying nights with loving men to help her recall that sex could be wonderful as well as wicked.

The second woman had a very different family. The man her mom remarried had sex with her from the time she was 8. When her grades began to drop and she started to become isolated at school, her mom chalked it up to "growing pains." Troublesome signs that a less-chaotic parent would have picked up on went ignored. While the house was well-maintained and she was fed, clothed and clean, home was not a safe place. As she grew into a young woman, her choice of sexual partners reflected the chaos she grew up in.

These two very different women provide a sense that the challenges sexual-assault victims face are not the same. The second woman has no memories to fall back on of sex being wonderful and loving. There was constant emotional abandonment that has become part of the mortar that binds her entire psyche. This is very different from the first woman's challenge regarding her rape, which is to deal with the kinds of issues that one might address after a terrorist attack.

There is also no way of predicting which victims of abuse or rape will have sexual and relationship issues. Some of it has to do with a person's temperament and constitution. It might also have to do with whether there was something good that she could hold onto in her mind.

Sexual Confusion in a House of Abuse

For some women who experienced childhood abuse, the times they were abused might have been the only times they were treated with tenderness. Think of how confusing this must have been. For other women who experienced childhood abuse, the family member might have otherwise been an important and loving part of her life. This can make sorting things out incredibly difficult and confusing.

Equally difficult are situations in which the girl's own mother was jealous of her, as if she were competition for the woman's husband or boyfriend. Non-abused sons who grow up in situations where a girl is being abused can also find it difficult to process what is unfolding around them. Some are isolated and depressed. Others grow up finding it a challenge to respect the sexual rights and emotions of others.

Learning to Have Good Sex After Bad

Women who have been raped or abused sometimes report that their bodies are betraying them. Perhaps it's just that their bodies are trying to protect them, and the nerves and muscles beneath their skin have no way of knowing that the danger has passed.

Think of what happens in your body when a loving partner is tenderly kissing the sides of your neck. As you are becoming sexually aroused, your heart beats faster, you breathe more quickly, and your skin starts to perspire. You might not be consciously aware of it, but your hearing and vision also become more acute.

A woman who has never been abused might experience these body sensations as a sign of the good things to come. But for a woman who has been abused or assaulted, her body is apt to confuse these signs with danger. Far from trying to betray her, her body might be trying to protect her. Her nerves and muscles are still preparing for combat rather than for relaxation and pleasure. So one of the first things a woman might do is to become aware of sexually-charged situations that cause her body tone to go from "Oh boy!" to "Yikes!" or those that make her feel numb or disassociated.

For one woman, the trigger might be a quick, admiring glance from a man in a restaurant. Another woman's body might be totally into having sex until she feels her lover's penis enter her vagina.

As a woman begins to recognize these triggers, she can become more proactive. One woman might find it helpful to stay with the bad feeling and observe how it unfolds within her. Another might remind herself the situation isn't the dangerous one that her body is confusing it with. If it happens during lovemaking, she and her partner might have a signal so they change positions or stop. Maybe her lover can say something reassuring to her, or perhaps they switch on a light so she can physically see his face in addition to hearing the sound of his voice. It might also be helpful if there were comforting environmental cues at the start of their lovemaking, such as certain music or a particular light, or having a special object that she can feel or grasp that helps her feel safe enough to stay in the here and now.

“Initially, my now-husband had to learn how to stop and comfort me when I had flashbacks during sex. Thankfully those no longer occur. I really need to have music on, or something to concentrate on that adds to the sex. If it is silent, or we have relaxing sex without music or awesome satin sheets or something that provides other sensations, then I will have a lot of trouble not disassociating.” *female age 27*

Masturbation to the Rescue

For some women who have been sexually abused or assaulted, masturbation can provide an important bridge to healthy sexual enjoyment. When she masturbates, she can retrain her body to anticipate a good sexual outcome. For a woman who has never had a good sexual experience, masturbation can be the first step in learning how good sex can feel. And for a woman who has had good sex in the past, it can be a safe way for her to remember how good sex used to feel.

If she has a trusting, loving relationship with a partner, it might be a huge step for a woman to pleasure herself while he holds her. Hopefully, he can understand how big of a step this can be, and not to feel like she's rejecting him because the sight of his hard penis throws her into a panic. All things in good time.

Her partner will also need to be comfortable with masturbation himself, as there may be times when she suddenly needs to put the brakes on during lovemaking. He needs to have the option of getting himself off by hand. Hopefully they can talk about this, and she can appreciate and respect his need to get off, and he can appreciate and respect her sudden need for space.

“Masturbation had lost a lot of its fun. Isn't that terribly sad? I'm finding it again now, and it makes me proud of myself. *female age 27*

“I was a frequent masturbator before the rape, but for a while after I didn't really want any sexual things at all. Masturbating helped me to start enjoying my body again.” *female age 19*

[After being raped at age 12] “I was 14 and my older friend was telling me about how she could have orgasms in the shower. I tried it, and the experience was so amazing and so all-my-own that I began to feel a lot better about what sex and sexuality should be.” *female age 18*

“Fantasy men were always nice to me—patient, kind, concerned about me, *etc.* Not like in real life. In a weird way, it taught me what and who to look for in real life.” *female age 30*

What Some Women Have Found Helpful

There isn't a right or wrong way to have sex after you have been raped. There are different options, and only you can decide what's right for you. Here are some things other women have found to be helpful:

Setting Limits & Feeling Safe: If the places and situations where you used to date and have sex no longer feel safe, see if it helps to treat yourself like the nervous parents of 16-year-old. Set the kind of limits for yourself that they would for her. Should you be home by 10 or midnight? What about only double-dating with a trusted friend? Don't go to a party without a friend. If you are in a social situation and start to feel unsafe, don't stick around. Go home. If a guy you like asks you to have a beer, there's no reason why you can't say, "Not now, but coffee on Sunday would be really nice." Decide ahead of time how much physical contact you are going to allow—a handshake, a kiss, a feel above the waist, a feel below...

But as the women of the Seattle Institute for Sex Therapy so aptly note, if you discover that you are exclusively selecting men to date who you feel safe with, but who you don't feel sexually attracted to, or it's been a long time and you're still not able to get as sexually excited as you used to, it might be a good idea to seek some counseling.

Re-Virginization: OK, it was bad enough being a virgin the first time! If you are planning on having sex with a guy and you think you might need to stop groping each other midway, or will be needing special reassurance, then it's best to tell him that you had been sexually assaulted. Most guys will be very understanding and will try to help in any way they can once they know what's going on. It's perfectly fine to say, "The old me might have been pulling your pants off by now, but with the new me, it could be a couple of months before you even get to feel under my bra. I have no idea how it's going to go, but I need to be able to totally trust that if I say stop, you'll stop at that very moment."

You should also warn him that you might have days when you can't get enough of him sexually and other days when you have the sexual sensibilities of a 90-year-old nun.

On the days when you need to send him off to the bathroom to masturbate,

let him know that it still might be really important that the two of you do something romantic together, like taking a walk, or going to the bookstore or to a movie, or flying a kite, or doing any number of things together that couples like to do. And on those days when you need physical contact but want him to keep his penis in his pants, talk to him about cuddling together, holding hands, or exchanging back or foot rubs. If it's not too much for him or you, a warm bath together or dip in a hot tub might feel great.

If You Have a Partner: Your partner isn't the man who raped you, but he can be almost as affected by the rape as you are. One of the first challenges is that he might try to seriously hurt the rapist. That's to be expected when someone intentionally harms a loved one. And even though you know he wasn't the one who harmed you nor would he ever want to, guys might not be at the top of your most-favored-sex list right now. He will need to be aware that it might take months before sex returns to normal. For other women, things will return to normal much sooner. You can't predict, and you can't tell. Hopefully, he will read all he can and educate himself about the reactions that victims of sexual assault can have, and learn how to be an ally of the healing process. Patience will have its rewards.

Flashbacks: Some women who have been sexually assaulted have flashbacks; others don't. You and your partner need to be aware that flashbacks sometimes happen when you are at the peak of sexual excitement and are orgasming left and right. Your partner needs to understand that flashbacks are not because he is doing anything that's wrong. Learn about the things that trigger flashbacks and come up with a strategy for dealing with them. Have faith that they will decrease with time.

Don't Confuse the Female Body's Protective Mechanism with Being Turned On

Researchers have discovered that there is a difference between what makes a vagina lubricate and what turns a woman on mentally. It is not unusual for a woman's vagina to lubricate in situations where she is frightened or terrified. This will protect her vagina from tearing if intercourse is forced upon her.

This primitive reflex can be very confusing for a woman who has had sex forced on her. For instance, if she had an orgasm while being raped, she might wonder if she has a secret thing for violence and somehow invited the rape. She should understand that other women who have been raped have had orgasms, and those orgasms are the product of a body in terror that's spewing out a flood of adrenalin while physical pressure is being placed on her genitals. This kind of reaction is not limited to women. Erections are no stranger to the gallows. It's been known for many centuries that men who are executed by hanging often die with erections, and some even ejaculate. While this may have something to do with the body's response to asphyxiation, terror also plays a role. These men were no more sexually turned-on by being in the gallows than is a woman in a violent situation in which sex is being forced on her.

Ways to Help Prevent Rape

Before you read about ways to prevent rape, keep in mind that women who have been raped sometimes go overboard in trying to avoid situations that cause them anxiety. The extreme avoidance can reinforce anxiety and stress disorders. So it is important for those who have been raped to conquer the temptation to avoid too much. The key is in using common sense. Do a browser search for practical ways to help prevent rape. Also, never get drunk or stoned outside of the safety of your own home or that of your sexual partner's.

Strategy

According to interviews with incarcerated rapists, they do not pick a victim based on how she looks or how she is dressed. Their first criteria is not getting caught. So what a rapist is looking for is a highly vulnerable victim. He wants to be able to easily isolate her from others and to commit his crime without drawing the attention of others.

The sex offender's goal is to find ways to control a victim. He is good at getting women to engage in light forms of romance or sex play, not so much at their invitation, but in a way that she doesn't think to scream "STOP IT!" He manages to take her off-guard, doing things that feel good enough so she gets confused. He will try to physically isolate her and emotionally confuse her. She is suddenly wondering, "Did I invite this?" If she didn't put a stop to it immediately, he will have invaded her personal space and personal boundaries, and then there's no stopping him. After committing his crime, his next goal is to not get caught.

If You Have Been Raped—The First Hours After

The thing you don't want to do is to disturb any of the evidence, and unfortunately, the evidence is on you and in you. Do not shower, douche, wash your hands, change your clothes, drink anything or even brush your teeth. Saliva can be used to identify a rapist as well as his semen. If you think you might have been drugged and you have to urinate, do so in a bottle and take it with you to the hospital. Be sure to tell the doctor about any suspicions of being drugged. The way they find out if you have been drugged is through testing your urine, and some drugs pass through your system quickly. (In some states, the threshold of evidence is lower if it is discovered that the victim was drugged.)

If you are a minor, you don't need to have a parent's permission to have a "rape kit" done at the hospital. So there's no reason to fear going to the hospital if you've been doing something that would make your parents angry.

You should take extra clothing that you can change into after they have collected all the evidence at the hospital. If you can, ask a friend to go with you or to meet you at the hospital. If you live in a dorm, ask a resident advisor to go with you as well. It's OK if the friend stays with you during the exam and during your entire hospital visit. Your friend can be your ears, eyes, and brain. If you or your friend are able, call RAINN (800-656-HOPE). See if there is a victim advocate who can meet you at the hospital.

As a victim of a sexual assault, you have priority over just about everything other than life-threatening illnesses. So unless you see people being wheeled in with panicked-looking doctors hovering around them, you should get in sooner than later. If a long time has gone by, ask your friend to remind the person at the desk that you are a rape victim and haven't been seen. If you prefer a doctor of your same sex, let them know. If they can, they will get you one.

Going to the hospital doesn't mean you need to speak to the police or press charges. But it's essential to go to the hospital for a couple of reasons. If at some point you do decide to press charges, they will have the necessary evidence. It will be much harder otherwise. The people in the ER can give you the morning-after pill to help prevent pregnancy, and they can treat any physical trauma. Going to the hospital right away greatly increases your chances to receive

victim's services if you should need them, and in a lot of states, the state will pay for your expenses. The people in the ER should be able to explain your options and connect you with counseling and other help. It is a very, very good idea to visit a hospital emergency room right away. There are virtually no downsides. As with a car accident, you have no idea of the kinds of emotional or physical trauma that might present itself in a couple of days or weeks. Having everything on record at the ER will make it easier for you to get free services if you should need them in the future.

How People Act after Being Raped

There is no manual for how to act after a sexual assault. Some people will be hysterical while others will be unusually calm. Some will be agitated, others will be numb. It is unwise to judge a person's emotional experience of a sexual assault based on their behavior following it.

Rape in Marriage

People assume that rape in a marriage isn't really rape, and it's less serious than sexual assault that is caused by a stranger. But spousal rape might be even more devastating than stranger rape. The stranger never said, "To have and to hold, to love and to cherish, till death do us part." Women who are raped by their husbands are likely to be raped a number of times before finally leaving. The rape can be oral, anal and vaginal. Dealing with it can be a particular challenge when the victim lives with the rapist.

Further Humiliation

Some rapists will force their victims to pretend they are enjoying the rape. Rape experts indicate that it's a good idea to go along with the rapist on this one if he is so inclined. It seems that if the rapist is unable to complete the act, he is more apt to further injure his victim. Think of how seriously imbalanced he is mentally if he wants you to pretend you are enjoying the experience.

Whether to Report—If It's Child Abuse

While it is important that a child who is being abused can find a trusting teacher, counselor, minister or parent to tell, reporting doesn't always improve the situation. For some girls, it makes it worse, as dysfunctional families will often try to make her the problem. There is also the reality that while some state protective services agencies are top-notch, others are as dysfunctional as the families they are supposed to be protecting children from. Between failures of the criminal-justice system and an overwhelmed social-services system, good outcomes are sometimes the exception rather than the rule.

Complicating matters further is the fact that some children make false accusations. Equally disturbing are the number of divorces where one angry parent accuses the other parent of abuse out of revenge. If they are so sure the other parent was abusing the child, why didn't they say something about it before the divorce? This shouldn't be confused with situations where the divorce came as a result of learning that a child was being abused.

Whether to Report—If You Are an Adult and It's Rape

It's no secret that few rapes are actually reported. The percentage of reports is even lower in rapes where the victim knew the offender prior to the sexual assault. There are reasons why women don't report. A common one is if the rapist is a member of your social circle or your mother's favorite cousin. Or if he's your sister's husband or a popular guy at work or school.

Other reasons for not reporting include fears that you won't be believed, fears that you will be blamed, and fears that the accused will retaliate. Some women believe that if they didn't put up a fight, the state won't consider it rape. This is not true. Not fighting may have been the best way to prevent further injury or death. The fact that you are still alive indicates that you did the smartest thing possible. While fighting may have stopped the rape, it could have just as easily ended up in you being killed or seriously injured beyond any sexual trauma.

So why should you report? There are three very good reasons:

1. Rapists tend to be bullies who may see your failure to report as an indication that you liked what they did, or that you are an easy mark for a repeat offense. Reporting a rapist can protect you from re-assault rather than putting you in harm's way.

2. One of the greatest regrets among women who don't report is knowing that their lack of action may have made it possible for the rapist to sexually assault other women. This fact, even more than the rape itself, is what haunts some women the most.

3. Even if the man is not convicted, your report puts him on law-enforcement radar. It makes it less likely that he will get away with it the next time. Even if he is not convicted, your reporting is what might save his potential victims.

Reporting—If He's In Your Social Circle

Reporting is socially easier if the rapist isn't part of your social circle. If he is, be prepared for people taking sides, and not necessarily yours. On the other hand, if you don't report, he will know you are an easy target, and you will have to live with knowing he will most likely be victimizing others. Don't waste time trying to warn him or threaten him. Your actions in not reporting him are all he will hear.

If you have reported someone from your social circle, it's probably best not to discuss it. Don't try to defend yourself or to say anything negative about him. The only people you should be speaking to about it are the police, the DA and your healthcare provider or counselor if you have one. Keeping these boundaries will hopefully make it easier for you in the long run.

Reporting—If You Are in a Sorority

Hopefully, things in the Greek system have evolved and justice is more important than keeping quiet to maintain the social order. But understand that if you were raped and report a fraternity member to the police, his house brothers will likely feel that you have reported all of them as well. And your sorority sister who had a secret crush on the guy? Get ready to meet your new worst enemy.

You won't read this advice in the "Welcome To Our Wonderful College!" booklets, but if you've been raped by a fraternity bro and decide to report him, get thee to the psych library and read about what happens in dysfunctional families when a child reports that she's been abused. Knowing how strange it can get will help you maintain a sense of irony and perspective that could be necessary if a psychodrama were to unfold around you. People join fraternal organizations with the hope of being a part of something that's bigger and better than they are. In accusing a fraternity man of rape, you are not only threatening the relationship between your sorority and his fraternity, you are taking to task the very system that has been the spawning ground of presidents, senators and supreme-court justices.

Does this mean you shouldn't report? Heck no. But it does mean that you will be standing out as an individual in an organization that is not exactly the Walden Pond of free thinking. The priority of some sorority with is to party with boys with pedigrees. They are likely to see you, rather than a fraternity man who takes uninvited liberties with his penis, as the problem.

If you are in a sorority and you report a fraternity man for rape, or if you are in any tightly-knit organization and report a fellow member, be prepared to move out and move on. But think about it: in a world where people are tortured and killed for speaking the truth, is having to find new friends such a huge price to pay for doing the right thing? Is it such a huge price to pay for helping to protect other women this person might victimize throughout his life, because that's who will suffer if there is no price to pay for sex that is forced. In the long run, wouldn't you rather be known as a woman not to mess with?

If you are raped by a fraternity member and your sorority sisters stand by

you, understand you have found something truly precious.

When Straight Men are Raped by other Men

Most of us believe that rape happens to only women and gay or imprisoned men. We assume that any man who doesn't want to be sexually assaulted should be able to defend himself and fend off the attacker. But just because you are a guy doesn't mean you should be able to beat up a mugger or fend off a rapist. Rape is first and foremost about violence, power, sadism and hatred. The rapist didn't choose you because he thought you had a cute butt. He chose you because he thought he could dominate you.

When you've got a gun to your head or a knife to your throat, you suddenly have other priorities than to say, "Excuse me, Mr. Rapist, you've got it all wrong. I like girls!" Your job is to survive, and even if that means having to go down on the guy, you should do it and not think twice. Think of how many women have given you oral sex and didn't pass out!

In addition to being blind-sided with a lethal weapon, a man can be sexually assaulted by a group of men he doesn't stand a chance against. Sometimes the rape can be the result of blackmail or of being drunk or stoned. The last thing a guy who is drunk is going to be able to protect is his rear end.

Male rape can happen in other ways, as well. Not too long ago, a former National Hockey League Player revealed that he was sexually assaulted by one of his coaches when he was a teen.

Unfortunately, a man who has been raped has fewer options than a woman who has been raped. Think about it: how many guys are going to find it cathartic to tell their friends they were raped? The chances are his drinking buds will assume it's a joke.

If you are a guy who has been raped, call a rape-crisis center or even if you are the epitome of straightness, call a gay-men's health center. They tend to be understanding and helpful about sexual violence against men.

It can be really confusing if you became hard or came when you were being raped. But it's not unusual to have an erection and orgasm when the body is under extreme stress or panic. As mentioned earlier in this chapter, plenty of guys who go to the gallows meet their maker with an erection and semen in their pants.

Some rapists are aware that you might get an erection. They will intentionally stroke you to orgasm just to mess with your mind even more. So what's the big deal if you did get hard and came? The important thing is in understanding that you were violently assaulted. We should all have erections and orgasms in such situations. At least you lived to think about it, which is a very good thing.

Men who are bisexual or gay sometimes worry that being raped or abused is what gave them their same-sex orientation. And straight guys who are sexually assaulted by other males might wonder if this will impact their sexual orientation. Studies have never shown that sexual abuse or rape influences a person's sexual orientation, yet this is a myth that persists.

While you might want to keep it all inside, it could be the rape has been causing you to deal with intimate relationships in strange ways. What do you have to lose by speaking to a counselor about it for a session or two? As for reporting, the big issue is how strongly you feel about the guy being able to do this to other men, because it is likely that he will if he can.

Thanks to Stephen Braveman specializes in the sex abuse of men, including sexual abuse of men in the military.

Resources (Your state or county may have resources as well):

National Center for Victims of Crime

(855) 484-2846 or 855-4-VICTIM

Rape, Abuse, and Incest National Network

(800) 656-4673 or (800) 656-HOPE

National Domestic Violence Hotline

(800) 799-7233 or (800) 799-SAFE

Recommended Reading:

Evicting the Perpetrator by Ken Singer.

Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment by John Briere and Catherine Scott.

Child Trauma Handbook: A Guide For Helping Trauma-exposed Children And Adolescents by Ricky Greenwald.

*Treating Nonoffending Parents in Child Sexual Abuse Cases:
Connections for Family Safety* by Jill Levenson and John Morin.

*Just Before Dawn: Trauma Assessment and Treatment of Sexual
Victimization* by Jan Hindman

*Victims No Longer: The Classic Guide for Men Recovering from Sexual
Child Abuse* by Mike Lew.

Readers Speak

“I was dating one guy for four years (I was 16 when it started). Over time he became more and more thoughtless during sex until the point where it had crossed the line into violence. If sex was painful he would not stop, and there was emotional violence. We started out using porn to enhance our sex lives, but after a while he would position us so he could ignore me during sex and just watch the screen. I did two years of being single without sex after that to pull myself together. When I began having sex again I had flashbacks and would panic. I used to be so sexually outgoing and playful. I would enjoy oral sex. Now I don’t do that anymore. For a long time I could not joyfully give my partners oral sex because of the negative associations with it, and sometimes I still have trouble not choking, even when it is barely in my mouth. Things are slowly improving, but I am worried it will never have that carefree way about it. It is hard to relax and not over protect myself. I’ve been married for a year now to a wonderful and gentle man that I’ve been intimate with for five years.... That’s how long it’s taken.” *female age 27*

“I have been raped twice in my life by two separate men. The first was during my 16th birthday. After the party I went to my friend’s spare bedroom to sleep. My then-boyfriend came in and lay next to me. We started fooling around but things started going too far. I asked him to stop but he didn’t. He kept pressuring me, saying he wouldn’t do anything serious. It ended with him just shoving himself in me while I was sobbing. That was how I lost my virginity. The saddest part is that I stayed with him for two more months. The second time I was at a friend’s house. Drinking and playing Dungeons and Dragons. (Yes, girls are nerds too.) I drank far too much and lay down on a mattress that was sitting in the middle of the living room. All my friends went into the den to

watch TV while this guy lay next to me. I should have figured it out then, but I was really drunk. I asked him to leave me because I was too drunk to be near anyone, let alone a guy with ‘intentions.’ He didn’t leave. He started with the foreplay. I alternated between liking it and asking him to go away. It ended with him on top of me while I told him to stop. I suppose this one was partially my fault. Needless to say, the friendship ended there. Sex since then? I’ve never orgasmed. That may be due to the fact that I can’t trust men. I’m never comfortable being naked around anyone. And to be completely honest, I don’t really like sex. I think I’m just expecting men to mistreat me after having it. To just use me. Recently I have been in a relationship with a man who was a virgin before we had sex. His love and trust have gone a long way toward helping me believe that a guy might like me for more than just sex. It’s helping me to enjoy myself more.” *female age 20*

“I was continually abused growing up (emotionally, spiritually, verbally, mentally, sexually), so much so I don’t remember much of it. I continued the abuse voluntarily by getting involved with men who abused me. For instance, I have two kids as a result of 3-a.m. encounters when I was three-quarters asleep. I’m still pretty badly messed up and have a hard time seeing when someone is trying to be decent. I have never had normal sex. I discovered recently (in the past two years) that what I thought was normal was far from normal. I never knew that you were supposed to have feeling inside. I thought it was normal to be numb inside. My former partner could stick any number of fingers up inside me, and I could never tell him how many there were. He could even put a whole fist inside, and I didn’t know. He could scratch and wiggle—nothing, nada, zip, zero, zilch. Still have that problem. Maybe I’ll figure it out someday.” *female age 31*

“When I was in middle school, and my body was just starting to mature, my step-dad was going through a rough time with work. He was pretty stressed. My mom was around, but she had a job so I was left alone with a man who I wasn’t exactly fond of. He started getting a little too close and intimate for comfort. I told him I didn’t like it. When he didn’t stop, I told my mom. She didn’t want to believe me. One night while she was out with her friends, I woke up and he was on top of me. I tried to scream. He stifled me. ‘It’ll feel good, I promise,’ he told me. It didn’t feel good. I screamed and flailed my body until I could get away. I ran and tried to hide. He found me and hit me so hard that I don’t remember any

more of that night. I was 12.” I was ashamed of my body for a long time after that. But at the same time, I still really wanted the fellas who were my own age to take notice of me. I think I was looking for someone who would try to protect me. Eventually, I found myself in a good relationship that was much more about the emotional connection than a physical one. When we finally did get to that point, I felt so at ease with him that it was completely natural, pure and honest [and way good!].” *female age 18*

“I was 9 years old. My karate instructor gave me a lesson in oral sex and other such matters. This was 32 years ago. I was not in a huge hurry to lose my *official virginity*. But then I had a great boyfriend for my *first time*, so it worked out. Get someone to talk to—a professional—and don’t stop until you find one that helps you to release the pain or anger. It’s possible to have good sex after bad IF you take it slow and find the right person. I think about sex not as something that is being done to me, but as something that I am giving to someone else.” *female age 41*

“I was molested by my dad & younger brother. It took years of therapy to overcome self-destructive behavior. The abuse took a seemingly wholesome, enjoyable act, and made it ugly. I became psychotically self-destructive with sex, alternating between frigidity and promiscuity. I was able to find good therapist and a good man who loves me. I can finally breathe and trust, relax, have fun, and enjoy sex. (We’re getting married later this year.)” *female age 30*

“It was seven years ago. In my room. My cousin’s husband attacked me while I was sleeping. I never had sex before then. I look at sex as something that I don’t need. Sometimes it just brings back the night of the bad. My advice? Take control next time. You’d be surprised at how much better it can be the next time that way! If it’s happened to you, don’t hesitate to tell someone else. I didn’t, and I’m still paying for it. It took me four years to come to the reality of it. Don’t hide anything. If you’ve been raped, don’t think of sex as bad. Think of it as a way to better yourself.” *female age 20*

“Report it right away. My biggest regret is that I never did. The man who raped me raped others. Maybe if I had said something, they would never had to experience that. And get counseling. Don’t just sit there and blame yourself. Always remember it wasn’t your fault, and it doesn’t make YOU a bad person.”

female age 20

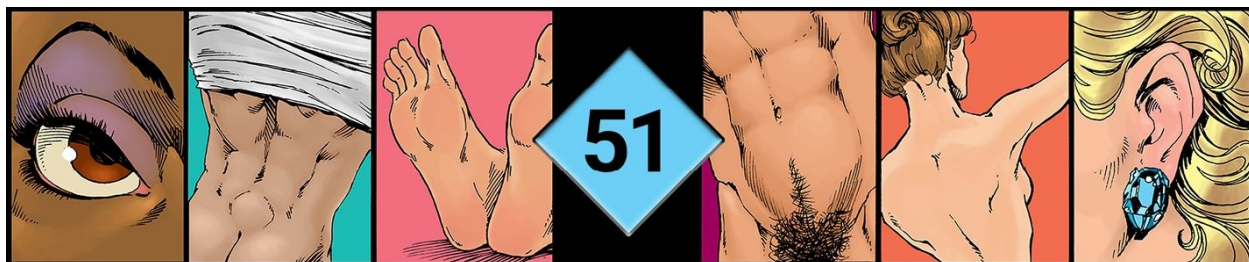
“When I was about 7 or 8 years old, I was masturbated by an uncle. He gave me a dollar to ‘not tell.’ I never did. I began having sex at age 13 and was quite promiscuous. I believe I’ve had about 50 sexual partners, but only 6 or 7 of those in the past 10 or 12 years. I now realize that my behavior probably has something to do with the experience. I’ve learned to forgive, and to realize that people are better than their worst moments.” *female age 33*

“I can’t imagine a single situation in which rushing out and boning the first willing, semi-attractive person with a pulse is a good idea to help you overcome an unfortunate sexual encounter.” *female age 18*

“Relax and take your time. My fiancée and I weren’t exactly rockin’ the first few times. I needed to build trust and security, and then I could relax and truly enjoy myself.” *female age 30*

“When I was 6-to 8-years-old, my best friend’s dad molested me. He would make me give him oral sex, and touch him, and he’d touch me.... I try not to make too big of a deal about it. I have good relationships with women and like to think I am a relatively emotionally stable person. However, I still have frequent dreams about him abusing me, and sometimes I have sex fantasies about him as well. These disturb me because he abused me. I was so young that I think I repressed most of the negative thoughts. All I can remember are the way things felt.” *male age 21*

A Very Special Thanks to Robin J. Wilson, David S. Prescott, and to Alessandra Rellini at the University of Vermont and Cindy Meston for making the introduction! These are some of the most thoughtful, intelligent and caring people I have ever had the pleasure of working with.



The Next 22 Chapters

Many things have changed since I started writing this book. I don't think I mentioned the word porn once in the first edition; yet in this latest 9th edition, I have four entire chapters on porn. When I wrote the first edition, phones were still wired to walls, and not many young adults were still living with their parents after high school.

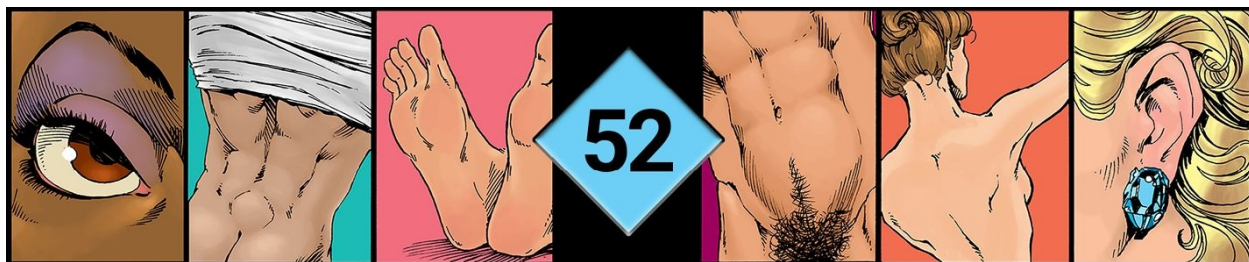
Another thing that's changed is our reading habits. It used to be that an almost 1,200 page book on sex was cool. But now that YouTube has become the source of all wisdom and we've learned to communicate in 140 characters or in less than ten seconds, a printed book that's as big as The Bible can be overwhelming for a lot of people. So the company that distributes the paperback version of *The Guide* strongly suggested I cut down the printed version of the book from close to 1,200 pages to a slim and trim 500 pages if I wanted people to keep buying it.

I was able to get the printed version down to 624 pages, but it meant leaving out chapters that were near and dear to my heart. They were chapters in the second half of the book that a lot of people didn't read, but they were some of my favorites—like the chapter on *Sex in the 1800s* that I spent more than year to research and write. (If you think today's surge in nationalism and blaming immigrants for all that ails us is new, this would be the chapter to read. It also explains how modern dating came to be.)

I put these chapters on the website for free. But one of the cool things about ebooks is I could include all of these chapters in the ebook because you can't tell the length of an ebook from looking at its cover! You won't feel overwhelmed like you might if you were reading the same number of pages in print.

I was also able to include the book's extensive 50-page glossary of sex terms and sex slang, always updated and improved with each new edition. So thanks for getting the ebook version, and I hope you'll continue reading if you'd like.





Talking To Your Partner About Sex

“Students will often say, ‘Okay, so I know communication and feedback are so important, but I just don’t know what to say or how to bring it up. So I end up not saying anything because I don’t want to upset my partner or ruin the moment.’” — *from a college instructor who uses ‘The Guide’ in his sex ed courses*

There’s one way that dogs do it and one way that sheep do it. This is also true for elephants, lemurs and wildebeests. Unicorns need to be extra-careful when it comes to oral sex, and the female praying mantis eats her male sex partners—to death. But it’s all programmed into the genes of each species. There’s never any need for awkward conversations about sex except for humans.

Human brains are beefier, which means our minds have room for variation when it comes to sex. This wouldn’t be so bad if we weren’t the only animals who have sex indoors and in private. We could watch our neighbors do it and have clues about what to do ourselves. Instead, we look at porn, and assume that porn is the right way to have sex, with guys magically knowing how to please women, and women up for anything that men want to do.

That’s where books like this one come in. They try to shed light on the how-to part of sex. They offer tips and techniques for giving and receiving monster amounts of pleasure. But none of it is helpful if you aren’t able to talk to your partner about sex. Because unlike the elephants, lemurs and wildebeests, we humans have different ways of getting off. One of us might like it one way, but not so much the other. So it’s impossible for a partner to know how to please to us sexually without conversation and feedback.



The way we connect keeps getting faster and easier. But the way we connect emotionally is still smoke signals and Morse Code. Matters of the heart require us to power down before we pucker up and to unplug before we unzip.

Give and Take

People assume that if both partners are sexually excited, then all they need to do is get naked and good sex will follow. If only it were that easy. Consider the following quote from a 29-year-old kindergarten teacher (Chris is her husband):

“With Chris, I like having him in me, that warm good feeling. I’ve discovered I can ask for what I like, that there’s nothing wrong with wanting your nipples pulled taut. I’ve learned that keeping a vibrator by the bed is not a crime. I’ve learned that Chris can come, and then I can come, and we can both enjoy watching each other come—as opposed to having this simultaneous orgasm that’s supposed to move the world. If we have intercourse that’s fine, if we don’t that’s fine. Sometimes we come home weary from work and it’s “What do you want? Do you want to masturbate? Do you think you can focus enough for intercourse?” It’s negotiation, which I never thought it would be. I always thought it would be this mystical experience, but it’s become a verbal experience.” —

From Julia Hutton’s *Good Sex*, Cleis Press

While some couples have good sex from the start, other couples take months and sometimes years to find a satisfying groove. Most couples report that their sexual desire for each other waxes and wanes, although sometimes it just wanes.

Shame between the Sheets

Guilt and shame are fascinating emotions. We become sloppy and unmotivated without them, yet with too much guilt and shame we can be at war with ourselves.

Plenty of us might do better in bed if we felt less guilt and shame about what turns us on sexually, assuming it does no harm to others. This is especially true for those who are too bashful to tell a partner what does and doesn't feel good.

Unfortunately, we receive sex survey after sex survey from people who feel shame about their sexuality, and especially about masturbation or anything that's the slightest bit kinky. If that's the case for you, getting a reality check from a lover can sometimes be extremely helpful.

Naked & Tongue-Tied

Consider the following conversation between two people who are about to have intercourse together for the first time:

“Uh, should I...?”

“I guess.”

“OK.”

That’s it. The intercourse begins. Fewer than ten words, most of them single syllables. Grunting cavemen were probably more expressive. Then there’s the prolific verbal exchange at the end of the event:

“That was really good” (maybe true, maybe not).

“Me too” (maybe so, maybe not).

While most of us aren’t too ashamed to have sex, plenty of us approach critical mass when it comes to talking about sex. One problem has to do with the lack of a comfortable, shared vocabulary about sex. Many of us feel stuck between the rock of stiff Latin terminology and the hard place of sexual slang. For instance: “When I was giving you cunnilingus...” or “When I was eating out your pussy...” Neither feels particularly comfortable.

After Marriage — Grow or It May Die

Plenty of couples talk even less about sex after they've been married for a couple of years. Discussions about the interest rate on your credit cards or replacing the kitchen cabinets garner more excitement than finding new things that turn each of you on. Sexual desires become hidden, and we sometimes feel embarrassed or shy about mentioning things that we would have stayed up all night trying a few years earlier.

After a while, sex has no room to grow. "I don't want him to know THAT about me" becomes more powerful than "It might be exciting if he knew that about me!" Perhaps we have too much to lose if a partner disapproves, or maybe shame or humiliation get in the way.

Knowing vs. Asking

Imagine going to a restaurant where the chef served you whatever he or she felt like fixing instead of giving you a choice. Imagine a gardener who never asked, “How do you like your bushes trimmed?” Yet when it comes to sex, many of us assume that we know what our partner wants, or we clam up instead of giving feedback. Worse yet is the kind of attitude that is reflected in the following advice that *Teen Magazine* gave to its millions of girl readers:

“When you’re French kissing, it helps to let the guy take the lead. Part your lips gently, and let him explore your mouth with his tongue.”

Teen’s smooch advice gives the impression that men come out of the womb knowing how to French kiss. Don’t the editors of *Teen* realize that the average American male’s preparation for sex is jerking off to whatever shows up on the homepage of Pornhub?

And why are guys always supposed to know what to do? Why aren’t men and women encouraged to explore sex together, teaching each other what feels good along the way? One way to avoid being a *Teen* type of lover is by learning to talk to your partner about sex, about what feels good and what doesn’t, and by exploring beyond what’s familiar. But it’s not always easy to do.

What to Call It Besides “Down There”?

When talking to your partner about sex, it may help if you have a comfortable name or term for your genitals. For instance, a husband and wife who had a seriously contentious relationship were in sex therapy, and the wife was asked to give her vagina a special name. She called it “jewel box.” This gave the couple a basic but important building block for having conversations about what does and doesn’t feel good. It was a first step in their attempt to rebuild their sex life.

By discussing sex on a regular basis, you may be helping your partner feel more receptive when you suggest that he or she try something new. Fortunately, there are “props” that can make discussions easier and more fun.

For instance, you might say to your partner, “Let’s get a new book on sex every month, or check out a new Tumblr on sex every week.” There are real-life couples who post pics of themselves having sex that a lot of people follow. You might consider anthologies of erotic literature (smut with a college degree!) or sites that post interesting images of sex. Look through the erotica section of Amazon, or enter “best erotica” in your browser.



You can highlight posts on sex or parts of books you find meaningful and would like your partner to know about, including this one. Or you can read sections of it to each other. And try to find things that are funny. Humor helps any discussion that might otherwise be filled with anxiety.

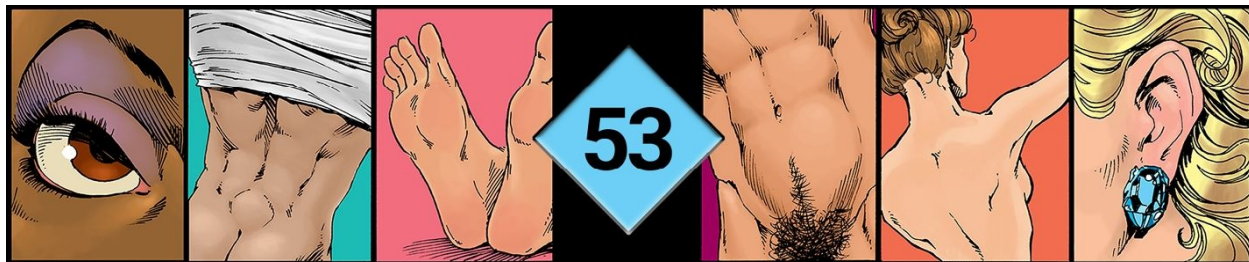
Some couples find it fun to play games that promote discussion about sex or physical exploration. The nice thing about these games is that none of the players are losers.

And based on the worldwide blockbuster success of the “Fifty Shades” books—horribly written as they may have been—it seems a lot of couples might enjoy reading erotica together that has themes of domination and submission. (This book’s [Chapter 42. Between Vanilla & Kink](#) is made up of responses to our sex survey question “*Are there types of non-vanilla sex that you enjoy having?*” You’ll be surprised at the answers. Or maybe not.)

Prevention

You might say, “Our sex life is fine right now. We don’t need anything like that.” Hopefully, your luck will hold, but therapists often see couples who had great sex lives two to ten years earlier. Things break down when we take them for granted, and the process of fixing them once they have fallen apart is not always pretty or fun.

It takes more to keep your sex life exciting than most couples realize.



Dirty Word Chapter

You might be wondering why a chapter on dirty words would be in such a fine and upstanding book. Perhaps there is more to dirty words than meets the ear.

Frackin' Unbelievable

We at Goofy Foot Press probably use the word “fuck” more times each day than the Pope says Amen. The sad thing is, we mainly use our fucks to express anger or frustration. Seldom do we use them in the fun way. This is often the case with sexual slang, where swear words and sex words are often the same.

“Fuck” as an expression of anger or despair is such an integral part of our language that we have created more acceptable ways of saying it, such as “friggin’”— as if friggin’ doesn’t have fuck written all over it — or “frackin’” as was used on *Battlestar Gallactica*.

While people who use fuck-slang aren’t always aware of the sexual connection, there’s no way that texting “WTF” or saying “It’s the Cylons, we’re totally fracked!” have any power without a connection to sex.

Calling People by the Female Genitals

When the author was a kid, the worst thing he knew to call another person was a “cunt.” He never could bring himself to use the word, but then again, he had yet to work with anyone in the entertainment industry.

Another slang word that kids often use is “pussy.” While pussy is a term that refers to the female genitals, it is also an expression that boys use to taunt other boys with who are being wimps, cowards, or who are using good sense and not acting on impulse alone.

Why does our culture associate cowardice with being a woman or having a woman’s genitals? And why would we want to discredit the very female genitals that so many of us crave to touch and know more about?

A Fascinating Comment from Sweden

We assume that using sexual slang for swearing and for insulting others is the hallmark of a sexually-repressive society. This makes the following reader comment all the more interesting — when you consider that few people think of Sweden as being sexually-repressive:

“As someone living in Sweden (and fluent in Swedish) but American, I have to say that there are plenty of sexual swear words in Swedish. One of the worst things to say is the word “fitta,” which can be translated as “cunt.” Many are trying to (slowly) reclaim this word. Most girls in high school will also say that “hora” or “whore” is one of the worst insults for them. “Slampa” (slut) is also another derogatory word used the same way as in English. In many cases “kuk” (cock) can be used to express frustration although it is not intended to insult a specific person.”

Mother-Fucking, Titty-Sucking, Blue-Balled What?

Warren Johnson, a researcher, studied how normal eight-year-old boys and girls use slang. According to Johnson, the children's favorite expression when out of parental earshot was "mother-fucking, titty-sucking, blue-balled bitch." Johnson hadn't expected to find America's eight-year-old children capable of outswearing members of his former Marine troop.

Of particular interest is Johnson's observation of an eight-year-old girl yelling "Suck my dick!" to another child who was annoying her. As long as she was going to use sexual slang for swearing, why didn't the little girl yell the more anatomically correct "Eat my pussy!"? Perhaps even an eight-year-old child knows that the way to insult someone in our society is to tell them to take the woman's place in sex, with terms such as "You cocksucker!" and "Screw you!" being crude ways of demeaning a person by saying, "You're the woman in sex!"

It is difficult to understand how something as delicious as sex could be linked to anger or frustration, unless you haven't been getting any sex in a long time. It is equally difficult to understand why being perceived as a woman or as a woman who is having sex is a putdown. Yet these are the premises about sex that we grow up with.

When Eight Turns Eighteen

What's going to happen when the little girl who yelled "suck my dick" gets older and wants to share sex with a boy? She's supposed to enjoy performing the very insults that our society has taught her to hurl at others.

Equally disconcerting is what this attitude does to boys. The message is that you either screw or get screwed, the former being associated with winning, the latter with losing.

Sluts, Whores, Virginity & Sewers

Few religions have done well with the notion of women and sexuality. According to early Christians, a virgin daughter occupied a higher place in heaven than her mother, since the mother had sex for the daughter to have been born. Around 400 A.D., Christianity's St. Jerome wrote, "Though God can do all things, He cannot raise a virgin after she has fallen" (Epistles 22). Not even God can help you when you lose your virginity, if you are a woman. It's never been a problem for men, but then again, men are the ones who wrote the scriptures.

Rigid as St. Jerome may have been about women's virginity, he was quite the feminist compared to some of his Christian and Jewish predecessors. One early church father described woman as "a temple built over a sewer," with sewer referring to her genitals. Men who made statements like these were later declared saints.

Perhaps it's no coincidence that many women who are unable to have orgasms were raised in households where the temple/sewer notion still holds sway.

To this day people still equate a woman's personal reputation with her appetite for sex: if her sex drive is too low, she is cold; too high and she is easy, a slut, whore or ho. While young men are free to strut their sexuality, young women learn to carefully regulate theirs.

Note Contrary to what makes sense, women are often the first to accuse other women of being sluts or whores. Men may have been the bozos who wrote the anti-woman theology, but women can be its cruelest enforcers. Also, if the human body was made in the image and likeness of God, as scripture says, why were church leaders so rejecting of women's genitals and sexuality? Had God been drinking the day He crafted the clitoris and vagina?

Dicks, Pricks & Morons

Why do we refer to a person who is being a total jerk as a “dick” or “prick”? A dick should be someone who brings pleasure, but that is not what our culture teaches us.

Adults will praise a young boy for his latest drawing or for making it to the toilet on time, but if he proudly displays his pint-sized boner, throats get cleared. Boys in our society are encouraged to spend eons learning how to make a baseline jump shot or to hit an A-minor flat nine on a guitar, yet they are taught to ignore their own sexuality in hopes that it will simply go away until they get older. Maybe that’s why many of us grow up having more sensitivity for what happens in music, art, sports or video gaming than for what happens in bed.

Booting & Name-Calling

While our culture encourages its straight men to strut their sexuality, this doesn't mean we always do. For instance, the following story tells of how the term "faggot" is used by straight guys to deride other straight guys for preferring women to beer. It is from Regina Barreca's *They Used to Call Me Snow White But Then I Drifted*, Viking/Penguin:

"When I started my first year as a student at Dartmouth College, there were four men for every woman. I thought I had it made. Dartmouth had only recently admitted women, and the administration thought it best to get the alumni accustomed to the idea by sneaking us in a few at a time. With such terrific odds in my favor socially, how could I lose? I'd dated in high school and although I wasn't exactly Miss Budweiser, I figured I'd have no problem getting a date every Saturday night. But I noticed an unnerving pattern. I'd meet a cute guy at a party and talk for a while. We would then be interrupted by some buddy of his who would drag him off to another room to watch a friend of theirs 'power-boot' (the local vernacular for 'projectile vomiting'), and I realized that the social situation was not what I had expected.

Then somebody explained to me that on the Dartmouth campus they think you're a faggot if you like women more than beer. This statement indicated by its very vocabulary the advanced nature of the sentiment behind it. If a guy said he wanted to spend the weekend with his girlfriend, for example, he'd be taunted by his pals, who would yell in beery bass voices 'Whatsa matter with you, Skip? We're gonna get plowed, absolutely blind this weekend, then we're all gonna power-boot. And you wanna see that broad again? Whaddayou, a faggot or something?'"

Bitch vs. Faggot

The dirty words aimed at women often speak to how they regulate the space between their legs — with too many penises not being so good. Insults at men are aimed at a different level.

Guys are forever needing to demonstrate manliness. If we slip up, we're called a fag or queer, even if the only dick we've ever held is our own. This is particularly true among teenagers. A knee-jerk response that teenage boys have when another boy steps outside of the fragile notion of what's considered masculine is to call him a "fag."

The insults for men and women have the same premise: each likes dick too much. But a woman who is being insulted is usually allowed to remain heterosexual, albeit a slutty one. The guy, however, has his sexual orientation called into question. A man's heterosexual status knows no rest. It has to be earned and re-earned or he risks falling off the stilts that define him as straight.

Origin of the Bimbo & the Stud

“Bimbo” and “stud” aren’t exactly dirty words, but they achieve dirty-word status when you consider the following observation made by a female friend of the author who was sitting on the beach:

A father was standing a few feet into the surf with a young boy on his right side and a young girl on his left. The children were the same size. Whenever a wave came in the father would keep his right arm rigid. This helped the boy brave the oncoming wave. At the same time, the father would lift his left arm, pulling the girl into the air so she could avoid the splash. The boy was being taught how to face the wave; the girl was being taught to expect a man to rescue her.

Bimbo training starts early in our country. All too often, the first step is getting girls to believe that they are more fragile than boys. Then, ads in women’s magazines spawn the belief that there is something unsexy about the female body unless it’s plugged with a scented tampon and accessorized with perfume, high heels, and is Photoshopped to look two clicks on this side of anorexic.

Blowjobs & Bounced Checks

Consider the following words of an American wife:

“My husband’s going to be furious when he finds out the check I wrote bounced, so I better give him a really good blowjob tonight.”

This book has no problem with really good blowjobs. But when blowjobs are motivated by fear, lack of power, or manipulation, it adds to the use of expressions like “blow me” as a putdown.

Then again, after this chapter was first published, protests from female readers flooded in, *e.g.* trading blowjobs for money is one of the few ways women have had throughout the ages to even the score economically; trading sex for money brings far more joy into the world and is less destructive than the ways some men earn their paychecks; and what about the possibility that the wife finds the situation to be a turn on and might totally enjoy giving the payback blowjob? Husbands weighed in as well: “My bank charges \$35 for each bounced check. If that gets me oral sex, let her bounce all the checks she wants!”

Rap Lyric Ho'down — Dirty Words and Then Some

No chapter on dirty words would be complete without mention of rap song lyrics. It is not unusual for rap songs to have a liberal peppering of words like “bitch” and “ho,” as well as sexual references that don’t always express loving intent toward women. Here are two examples of rap-song lyrics that contain the words bitch and ho:

The first is from Soulja Boy’s “Crank That (Soulja Boy).” Here’s one of the lines with just three words:

Superman dat ho.

Superman dat ho means to ejaculate on a woman’s back when she is sleeping so she wakes up in the morning with the sheet stuck to her back like Superman’s cape after the cum dries. It could be payback for when a woman won’t give him sex. Soulja Boy swears this isn’t what he meant, so let’s look at another line in this same song:

I’m cocking on your bitch ass.

“I’m cocking on your ass” is rap for when one man says to another: “I have a gun and will shoot you with it.” So why make it “on your *bitch* ass?” Soulja Boy ramps up the insult by throwing in the gender card and making it a female reference. Ramping-up insults like this happens so often in rap that we don’t even notice it.

The second song to consider is Dr. Dre’s “Bitches Ain’t Shit.” Here are three of the lines:

Bitches ain’t shit but hoes and tricks

Lick on these nuts and suck the dick.

Get the fuck out after you’re done.

Most people would assume this is a derogatory song about women. However, the song is apparently about a fight Dr. Dre had with his fellow N.W.A. band member and former friend Eazy-E. Dr. Dre also references N.W.A.’s manager as a “white bitch.”

If this is a song about men who were suing each other in a court of law, there are thousands of terms Dr. Dre could have used to express anger. So it’s telling

that he and other rap artists use terms that are sexually degrading to women. No wonder why some of the people who work for companies that distribute songs like these won't let their own children listen to them. They are some of the few parents who actually listen to the lyrics.

Intellectuals rationalize the negativity toward women in rap by claiming it's a cultural matter, and is not meant to degrade women. Is this what black women think? How many men would dismiss it with a smile if another man said these things about their wives or girlfriends? But give misogyny rhythm and base, and all bets are off.

Apple Computer paid Dr. Dre and his co-founder \$3 billion to purchase their company. Do you think Apple would have bought the company if Dr. Dre had written vile lyrics about gay men instead of women?

The Sociology of Bitch vs. Ho

We usually think of “bitch” and “ho” as meaning the same thing. But that’s not always the case in rap lyrics. According to sociologists Adams and Fuller, the term “bitch” in rap lyrics could be referring to a powerful woman who dominates her household and her man. They suggest that “the bitch” in rap music is a woman who has a sharp tongue and is somewhat castrating.

The “ho” in rap lyrics is a different woman entirely. She is a woman who let’s herself be used, often to manipulate men into getting what she wants. She will give a man any kind of sex he might desire to achieve her ultimate goal. She is a woman whose moral compass could use a bit of adjustment. She is not well thought of in the world of rap.

A male singer can establish his street credentials by referring to the hoes he’s had sex with and which of their body openings he has stuck himself into.

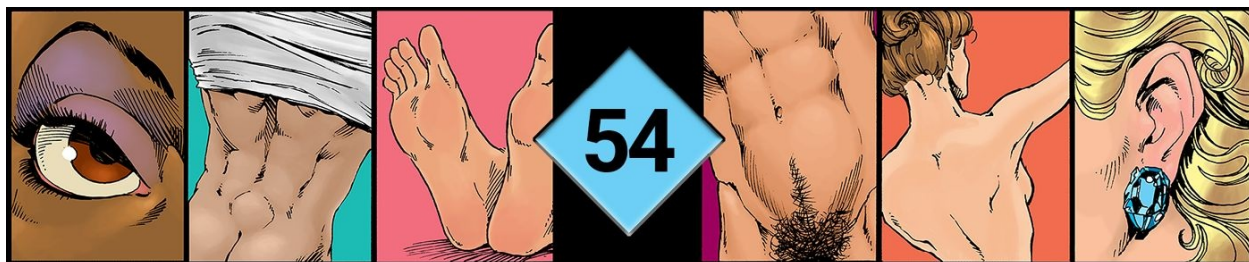
Ultimately, there is no easy answer to why rap singers use words about women and their sexuality that sound hateful. Nor is there a straightforward answer for why so many women download these songs and enjoy singing and dancing to them. But this doesn’t mean we shouldn’t call them on it.

End Of Chapter Notes: The Soulja Boy lyrics are from Soulja Boy’s “Crank That (Soulja Boy)” from ColliPark Music/Interscope Records. It received a Grammy nomination. “Bitches Ain’t Shit” is from Dr. Dre’s album “The Chronic.” This song is still covered today by a number of artists, including a Columbia University a cappella group composed of twelve very white young women that has gathered more than 1.5 million YouTube views. The analysis of the meaning of “bitches” vs “hos” is from an article titled *The Words Have Changed But the Ideology Remains the Same: Misogynistic Lyrics in Rap Music* by Terri Adams and Douglas Fuller, Journal of Black Studies.

There are certainly times when fuck-slang is used in a positive sense, as in “fuckin’ wonderful” or “fuckin’ amazing.” But when the word is used this way it tends to be role-neutral and refers to the act of intercourse rather than the woman’s role in it. When it takes its more usual form of “We’re totally fucked now!” it’s got “girl” all over it. As for the idea that the insult gets its grit from the homosexual implication, we have plenty of insults for that and few people

hesitate to use them when that's what they mean to say.

Special Thanks to the writings of Ira Reiss, Paul Evdokimov, David Schnarch, Regina Barreca, Carol Tavris, the late Bob Stoller, and many others for inspiring concepts used in this chapter, and to the famous sex researchers who originally suggested that people should think of foreplay as everything that happened since the last time you had sex.



Barbie the Icon

This chapter is about Barbie. You might be wondering what a cultural icon like Barbie is doing in a book on sex. Perhaps the following statements by our female readers will help explain:

When you were a little girl, did your Barbie doll ever have sex?

“I had lots of Barbies. She and my giant panda bear got naked and ‘did it,’ and my sister and I dressed her up in Ken’s clothes. Unfortunately, you can’t dress up Ken in Barbie’s clothes. We tried.” *female age 18*

“My basement was a temple to Barbie and all her relatives. Barbie lived in a soap opera complete with abortions, sex changes, and adultery. She and Ken frequently got naked in their Laura Ashley canopy bed.” *female age 24*

“Barbie and Ken had a very active relationship and ‘sex’ life. It’s hard to say it was a sex life without any genitalia. I guess I used them to emulate the adults around me. Barbie and Ken often went skinny dipping at the ocean, and slept nude most times.” *female age 35*

“My Barbie had Ken on her ALL the time. If I knew then what I know now, Barbie would have been on top more often.” *female age 44*

“My friend had a Ken and we used to make them have sex by making their little plastic bodies rub against each other when they were lying in Barbie’s little nylon bed. We were about ten and were disappointed that Ken’s underwear was glued on.” *female age 22*

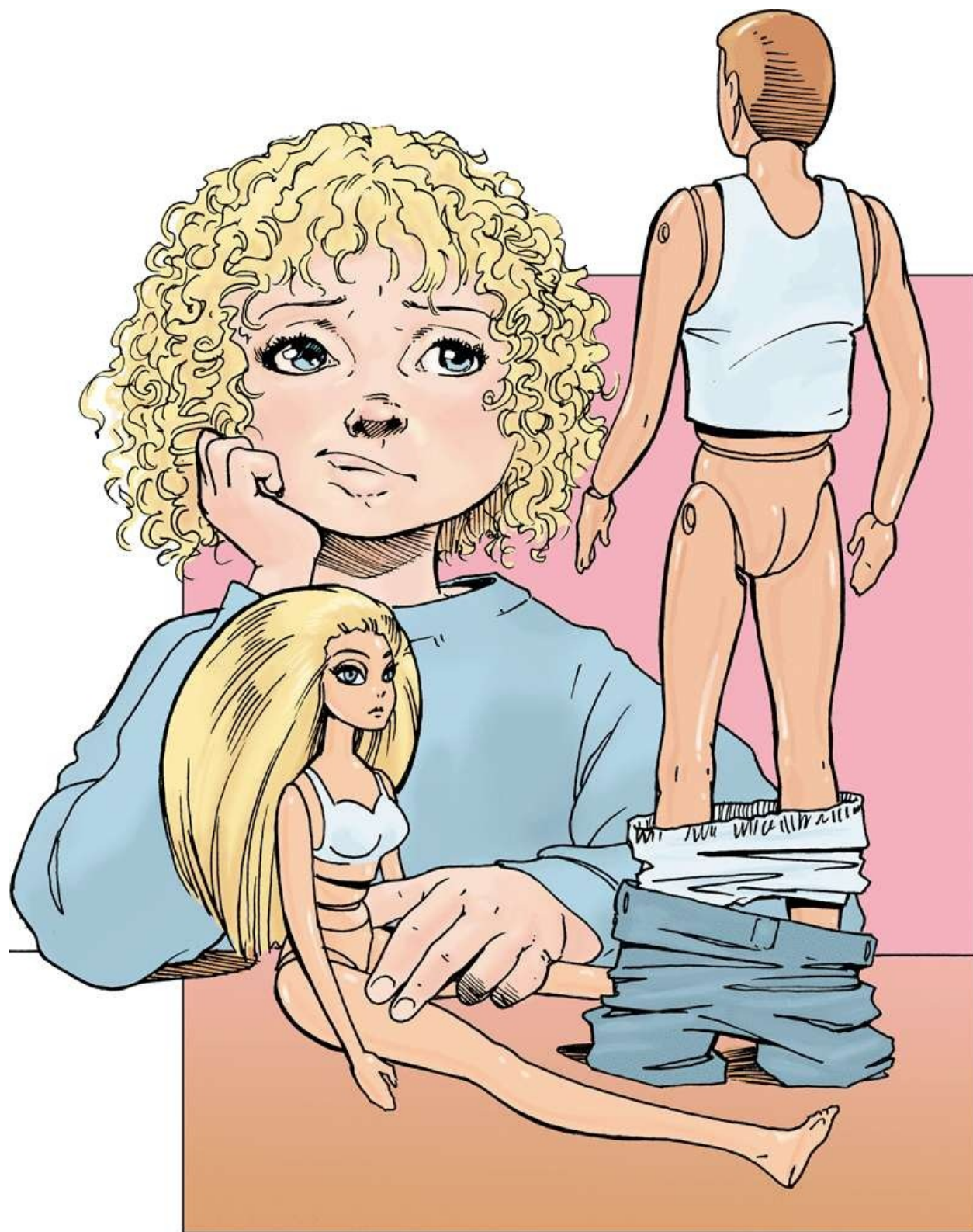
“You know those parts in movies that parents were always trying to hide from younger children? I got a slight peek one day, but all I saw were sheets moving. After I saw that, Barbie and Ken made those sounds and simulated those actions. But I wasn’t sure what they were really doing.” *female age 22*

“She had kinky fantasies and a lot of BDSM. Barbie was a fun girl.”

female age 18

“Not Barbies but definitely with my Lego men. Don’t ask me why, but those spacemen certainly had interesting encounters when I sent them on missions. I was pretty inventive for a 7-year-old.” *female age 19*

While these women’s experiences by no means represent that of most girls, it is likely they represent a significant number. (See more reader comments on their Barbie’s sex life at the end of the chapter.)



Eleven Inches of Attitude

The year was 1959. The place was the Toy Fair in New York that's held every February. Mattel's new toy named Barbie was falling flat on her face, or would have if such a thing had been anatomically possible.

Since the beginning of time, toy buyers in America have placed orders for their Christmas inventory at the annual Toy Fair. It is the moment that determines which toys make it to toy-store shelves the following Christmas, and Barbie was getting the cold shoulder.

This was nearly sixty years ago, and the radical new doll named Barbie was shattering everyone's idea of what a child's toy should be. The price she paid for her uniqueness was to be ignored by toy buyers. Buyers for toy stores in 1959 were placing orders for dolls that were soft and huggable, dolls whose souls were made from rags.

Barbie was cloned from a mother doll named Lilli who was made in Germany. In the late 1950s, Lilli caught the eye of Ruth Handler, co-founder of the Mattel toy company. Lilli was a sexpot of a doll who was marketed to horny German males. She looked like a German streetwalker. Lilli had been adapted from an adult comic strip where she had been a comical gold-digger and barfly.

Both Barbie and Lilli were 11 inches tall. The apples did not fall far from the tree when it came to looks, but Ms. Handler made sure that Barbie was born into an entirely different social class. Lilli was definitely working class, while Barbie was Jackie Kennedy. Interestingly, Barbie's place of birth (at least the address of Mattel) was Hawthorne, California, the same city where America's other sex idol, Marilyn Monroe, was born.

Large Breasts and No Panties

In 1959, toy-store buyers wanted what they knew—dolls that reflected our society's idea of what a good girl should be and what she would hopefully become: a selfless mother, teacher, housewife, or nurse. They didn't get it when they saw Barbie, a doll who has been described by author Christopher Varaste as:

“An 11½ inch glamour queen with exotic features in a striking black and white swimsuit. She was everyone and defiantly no one. She seemed ageless, though she was supposed to be a teenager. She was beguiling, mysterious, and yet innocent. She was a symbol of a culture struggling to find a suitable identity. As a toy for young girls, her rather severe look took some getting used to. Her Asian eyes, curly bangs, and big red lips could have belonged to a wide range of ethnic backgrounds. She was, in a word, peculiar.” (From Christopher Varaste's incredible book of Barbie photographs *Face of the American Dream—Barbie Doll, 1959 - 1971*)

If it hadn't been for a stroke of marketing genius, Barbie would have gone down in flames. But Mattel's strategy for selling Barbie to the American public was as unique as their product. They were one of the first companies in history to make TV commercials that were aimed at children viewers.

From the very first commercial, Barbie was portrayed as a human with a glamorous and adventurous life. She was never described as a doll and she was never burdened with trivial limitations such as parents or a husband.

Mattel aired their first Barbie commercial during the wildly popular *Mickey Mouse Club* TV show. If parents didn't know what to make of Barbie, their American daughters certainly did. Once the summer of 1959 started, every Barbie in every toy store was bought as quickly as it arrived.

Barbie's official name was Barbie Millicent Roberts. When Ken was created a few years later, his name was Ken Carson. It is fitting and telling that Barbie and Ken's namesake was Carson/Roberts. Carson/Roberts was the advertising company that played such a dramatic role in Barbie's success.

Not Your Normal Housewife

Barbie's persona was created by two women who had both violated the housewife norm of the 1950s. One had co-founded a large corporation, the other was a tall, striking, unmarried veteran of the fashion industry. Unlike any doll before her, Barbie was created as a young woman whose life didn't revolve around a husband and a family. Her limitations were as thin as her waist and her possibilities as large as her breasts.

Early in Barbie's evolution, someone wanted to make a miniature vacuum cleaner that Barbie could use to vacuum the house. But Ruth Handler, Mattel's co-founder, refused to allow this. During the era when Barbie was born, it was automatically assumed that a woman's role was to be a housewife and raise babies. Keeping Barbie vacuum-cleaner-free was an important statement to little girls. It was a signal that they could exceed the boundaries that our culture had traditionally placed on them.

Barbie Is Nobody's Wife

Islamic leaders in Iran have described Barbie as being Satanic. They have expressed concerns that “the unwholesome flexibility of these dolls, their destructive beauty, and their semi-nudity have an effect on the minds and morality of young children.” Plenty of American parents have felt the same.

However, if you read Mattel's press releases for Barbie, you'll see that when she dresses to the nines, it's not to capture the gaze of a guy or even a girl. Barbie dresses for Barbie. She has no need to please anyone but herself. This is one of the many Barbie qualities that throws feminists for a loop: they detest the emphasis on glamour, yet no one can ever accuse Barbie of coddling to the whims of a man. The Barbie that Ruth Handler created doesn't care if she goes home alone and she doesn't need the approval of a male to make her feel good about herself. That's been as much a part of her message to little girls as the big boobs and tiny waist.

Here's another part of the Barbie mystique that upsets feminists: Barbie succeeds and succeeds well in traditional male professions. Whether she's being a firefighter or a physician, an astronaut or a police detective, Barbie always pulls it off with her femininity fully intact. Some women have said this sets an impossible standard for little girls, but it also tells girls that you don't have to grow balls to have balls. Barbie has shown girls they don't have to surrender the things that they like about their femininity to compete in a man's world. Barbie has provided a way for girls to experiment with the positive messages their parents and teachers are hopefully giving them. She also provides a way for girls to be selfish and mean, as all children can be.

Mattel's Barbie has come with so few of the traditional limitations that any girl can make her do and be anything she wants.

Less Fighting, Better Play?

Researchers have studied what types of play lead to more bickering and what kinds lead to less. One thing they didn't expect to find was that girls who are playing with Barbie dolls tend to fight less and display more advanced levels of play than girls who are playing with traditional dolls. The range of activities that Barbie play provides is much greater than a doll that you simply hold, feed, and change. Barbie has friends, activities, and a whole life that's as expansive as her different outfits and hairstyles. In addition, Barbie's presence invites the involvement of mothers, aunts, gay uncles, and even grandmothers who had their own Barbies when they were growing up.

Barbie was never intended to be the *Leap Frog* or *Hooked On Phonics* of children's play. The fact that Barbie inspires a high quality of play and better language development was not Mattel's goal. Mattel's emphasis has been for people to buy more Barbies and especially more Barbie accessories, perhaps in the same way that companies who make computer printers hope to nail you for the cost of the pricey replacement ink cartridges. It is fascinating how Mattel has managed to achieve this goal without limiting the persona of Barbie.

Mattel has never married off Barbie. Yet Mattel has sold millions of Barbie wedding dresses and thousands of Dream-Bride Barbies or Wedding-Fantasy Barbies. The hitch has been that the wedding idea is all just a big Barbie dream or fantasy. Keeping Barbie from really being married allows little girls to marry and unmarry her as often as they desire. Being perpetually single keeps Barbie footloose and fancy-free.

Mattel never wanted Barbie to be pregnant, but plenty of children wanted her to have a baby. So they devised a "Barbie Baby-Sits" kit which contained an infant and other childcare objects.

As much as Barbie has been associated with fashion and glamour, she has never defined fashion nor been at the cutting edge. She has always been a year or two behind, like most women who can't afford this year's originals.

Keeping Barbie a Moving Target

Few people will dispute that Barbie has become an American icon. Given her iconic status, you would think she would appear the same today as she was in 1959. But since the very beginning, Mattel has made Barbie change and evolve. Some of these changes have been technological, like using different vinyls, skin tones, and hair. Other changes have been purely stylistic.

Barbie's face has changed as well. The first Barbie's face was a combination of her harsh-looking German mother and the Geishas of Japan, the country that first manufactured and helped to refine her. You can also see how the vinyl used in the #5 Ponytail Barbie of 1961 contained an oily compound that makes her look like she has a greasy face or is perspiring. Unfortunately, the more recent Barbies have been given a bubbly, wide-eyed generic smile rather than the more intriguing streetwalker-Geisha expression of the early years. The faces on the early Barbies were all hand-painted in Japan, while the latter ones are machine stenciled.

Barbie Torture Sessions

A study by Tara Kuther of Western Connecticut State titled “Early Adolescents’ experiences with, and Views of, Barbie” clearly echoes our own readers’ experiences with Barbie. When Kuther interviewed 10 to 13 year old children about Barbie, she found reports of frequent Barbie torture sessions. These included seeing if Barbie can successfully fly out of a second-story window, cutting Barbie’s hair off and burning her clothes because she talked too much, making her dress up as a GI Joe, tearing off her head, drowning her at sea, melting her in a microwave, burning her at the stake upside down and attaching explosives to her.

We welcome these enterprising middle schoolers as future readers of the *Guide To Getting It On!*

A Cock-Ring Ken?

Ken was an afterthought to Barbie. He was released in answer to the demand for a Barbie boyfriend, but he was always expendable.

When Ken was being conceived, the two women who had created the persona of Barbie wanted him to have a bulge between his legs. The male executives at Mattel were horrified and embarrassed at the suggestion. They wanted Ken to have the same crotch as Barbie. The women held out and Ken got a compromise bulge, although no one would ever accuse him of holding a candle to GI Joe.

In the mid-1960s, Mattel released a “Ken a Go Go” doll, where Ken played the ukulele. Not long after that, Ken was euthanized. He reappeared in 1969 with an extreme makeover that Mattel hoped would revive his dismal sales. Then, in 1993, Mattel released the truly amazing “Earring Magic Ken.” This Ken was literally swept off the shelves by a stampede of adult gay males.

“Earring Magic Ken,” also known as “Cock Ring Ken,” was dressed in a lavender vest and had a necklace around his neck with a cock ring on it. The cock ring was not only the spitting image of the cock rings that men at gay male rages were wearing around their necks, but it was scaled to the exact dimensions as well. (It seems that someone in the design department at Mattel got one by the corporate brass.)

The more recent Kens have actually appeared as if they might be straight and even have a bit of a hunk factor. If Ken really is up for servicing Barbie, Mattel should consider making a Viagra Ken. That’s because the average Ken has at least eight Barbies that he needs to put out for.

Ken Turned 50 in 2011—Rose from the Ashes, And Finally Had His Day

At the 2004 Toy Fair, Mattel executives announced that after forty-three years together, Barbie was dumping Ken. Poor Ken: Mattel put him into assisted living. Mattel was pushing one of their newer boytoys named Blaine. Blaine looked like a Southern California mall-rat druggie. As for how well Blaine might have been equipped, in one of his earlier packagings he was holding an electric guitar with a neck that was so long it was at least the equivalent of a nine-inch penis. Blaine came out like a lion, racking up respectable sales, but he had absolutely no staying power. You will be hard pressed to find him anymore.

By 2007, Mattel announced they were bringing Ken out of retirement. What with Viagra and all... The new Ken had received a great deal of reparative therapy, as he had a radical new hairdo, a more manly face, and he screamed “I’m straight.” But as of early 2009, Ken could not be found anywhere. Was it possible that Ken had a reparative-therapy relapse, and he and Blaine hooked-up?

But then came 2010. There was the Barbie Harley-Davidson Barbie and Ken Doll Gift Set. And then came Ken’s greatest moment in his almost 50 years as he starred in the blockbuster film Toy Story 3. While he didn’t put to rest any rumors about his sexual orientation, Ken was the Toy Story 3 dark horse scene stealer.

Note: Just as Barbie’s boys have been seriously fey, their accessories have often been quite phallic. Ken’s cookout set has a long fork that is skewering a big pink weenie, his hunting outfit has a massive rifle, and his baseball outfit includes a really long bat.

Mattel Misses the Muslim Market, But Nails India

With the highly successful release of Fulla, a Middle East knockoff of Barbie, it's clear that Mattel missed what could have been a lucrative opportunity in the Muslim world. Fulla is a fine Muslim doll of Barbie proportions who comes in a bright pink box with her own prayer mat and a black abaya and headscarf. Fulla is selling like gangbusters in the Middle East.

We at Goofy Foot Press are the proud owners of a *Barbie in India* doll. The Indian Barbie comes wearing a colorful saree and ethnic jewelry. Better yet, she has a bindi, which is the traditional red spot between her eyes. We haven't undressed her to see if she might have a bindi between her gravity-defying breasts as well, but we're sure millions of Indian kids have.

2017 Update: A Latina Barbie Revives Falling Sales

In 1990, the best selling Barbie was “Totally Hair Barbie.” Today, the best selling Barbie is a Latina who has curves and brown eyes.

More than five years ago, sales of Barbie had begun to tank. Mattel decided that in order to revive sales, they would diversify Barbie. So today’s Barbies come in ten different skin tones and four different body types. This has been a very successful intervention: Mattel’s diversification of Barbie has brought her new life and a large increase in sales.

For the first time ever, Mattel is also running ads that show fathers and daughters playing with Barbie dolls together. To see images of diverse line of Barbies, do a browser search for “Barbie’s Surprising Comeback Has Everything To Do With Race—How diversity saved Mattel’s iconic doll.” on Huffpo.

Parents & Barbie

What follows is the ultimate discussion of Barbie by the parents of a young girl. It is from Margaret Atwood's piece *The Female Body*:

He said, I won't have one of those things around the house. It gives a young girl a false notion of beauty, not to mention anatomy. If a real woman was built like that, she'd fall flat on her face.

She said, If we don't let her have one like all the other girls she'll feel singled out. It'll become an issue. She'll long for one and she'll long to turn into one. Repression breeds sublimation. You know that.

He said, It's not just the pointy plastic tits, it's the wardrobes. The wardrobes and that stupid male doll, what's his name, the one with the underwear glued on.

She said, Better to get it over with when she's young.

He said, All right, but don't let me see it.

She came whizzing down the stairs, thrown like a dart. She was stark naked. Her hair had been chopped off, her head was turned back to front, she was missing some toes, and she'd been tattooed all over her body with purple ink, in a scrollwork design. She hit the potted azalea, trembled there for a moment like a botched angel, and fell.

He said, I guess we're safe.

Reader's Comments

"Ways Barbie impacted my femininity? She made me hate clothes."

female age 21

"Ways Barbie impacted my femininity? I dress better now." *female age 20*

"My sister and I were a little obsessed with Barbie. We turned old dressers and coffee tables into Barbie mansions. I played with Barbie from the time I was 4 until I was 11 or 12. I'm not sure when Barbie and Ken started having sex (they weren't just sleeping in the same bed), maybe when I was 7, that's when I learned what intercourse involved. Mostly, I got the dolls undressed, put them in bed and twisted their bodies back and forth. They couldn't really do anything since Barbie

didn't have a vagina and Ken didn't have a penis. However, once Barbie and Ken started having sex, they never stopped. Every night. That's how I thought it was done, only at night, only in bed. Several Barbies went through a sex change. I got her ready for the operation (remember Dr. Barbie?), wheeled her into the operating room, and when she came out, she'd been replaced with a Ken doll. All of Barbie's friends talked about her behind her back when she got the change—her mother (grandma Barbie) had a hard time coping. I'm being glib, but I did act all of this out. My Barbies had detailed conversations, had intimate family lives, detailed jobs, *etc.* There was a lot of adultery in Barbie's world which resulted in divorces, private investigators, and alcoholism. All the adultery was acted out in full detail, from Ken coming on to his secretary at work to the act itself to Barbie throwing all of Ken's clothes out the window... Barbie helped me act out my own questions about being an adult. I'm a feminist now, I have a healthy relationship, earn more than my spouse, don't wear make-up or high-heeled shoes, and my husband helps with all the housework. It's okay to let little girls play with Barbie.” *female age 24*

“Ways Barbie impacted your femininity and/or sexuality: There was one summer when I was fairly obsessed with the fact that Ken had no dick. Beach Ken had a totally inaccurately placed suggestion of one, but no balls.” *female age 21*

“My cousin and I were addicted to our Barbies, from as early as I can remember. I think I was 7 or 8 when our Barbies started having all sorts of high-drama romances, and there were ALL SORTS of different sexual experiences going on. My cousin and I were very creative with our Barbies' sexual escapades. I remember mine even having some homosexual experiences, which my cousin thought was weird. I actually think that my Barbies were a big outlet for my sexual curiosity growing up. When I was a teenager and no longer played with Barbies, I wondered if maybe it was odd that I made my Barbies have all sorts of sexual experiences when I was so young. But as I've gotten older, I've realized that sexually, I'm a very open and curious person, and I think

it's just that I've always been that way. When I played with Barbies with my cousin though, I almost always had to play Ken. I find myself now very comfortable filling a lot of traditionally masculine roles in my relationships. The two may or may not be related.” *female age 22*

“Ugh, as much as I hate to admit it, yes, my Barbies had sex. And since I also had a twelve-inch Luke Skywalker doll, they did it A LOT. I also played with a girlfriend at the time. We did sex play with our dolls.”

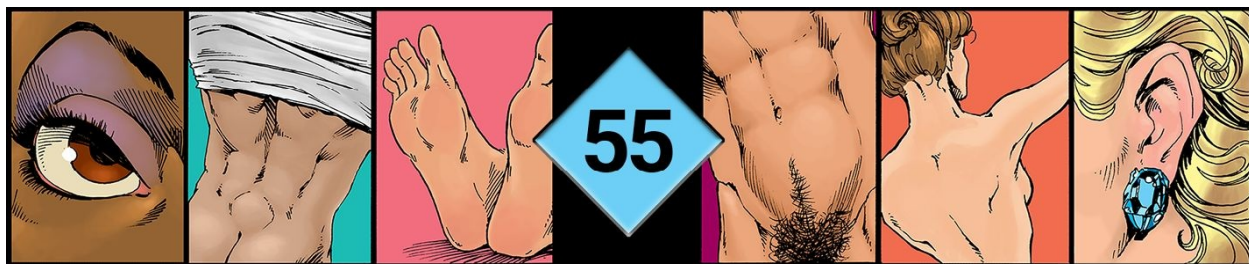
female age 34

Excellent Resources: This discussion of Barbie has provided only a small sketch of the truly rich and fascinating history of this cultural icon. If it has piqued your interest, you are strongly encouraged to check out at least two excellent books on the subject. One is M.G. Lord's *Forever Barbie—The Unauthorized Biography of a Real Doll*, Avon Books. One of Lord's many fine observations can be found in her discussion of Barbie's friend, Midge: “If plastic dolls could kill themselves, I'm sure Midge would have tried.” Talk about having to spend your entire life playing second fiddle!

Regarding the second highly recommended book, *Face of the American Dream, Barbie Doll (1959-1971)* by Christopher Varaste, Hobby House Press, who knew that photos of the early Barbie could be so fascinating and compelling? Barbie's face and expression during this period was much more interesting than now, and Varaste does an exceptional job of capturing it.

The references for the Margaret Atwood quote: *The Female Body* by Margaret Atwood, originally printed in Vol. XXIX, No. 4, Fall 1990 issue of *Michigan Quarterly Review*, edited by Laurence Goldstein.

Thanks to Emily Peck for her article: “Barbie's Surprising Comeback Has Everything To Do With Race—How diversity saved Mattel's iconic doll,” in the *Huffington Post*, March 2, 2017.



Breasts & Bras

There's hardly a woman in Western culture who doesn't have at least a couple of bras, including a favorite one or two for when she wants to feel extra sexy. She can also make a sexual statement by not wearing a bra. And what teenage boy doesn't equate success in dating with whether a girl let him put his hand under her bra?

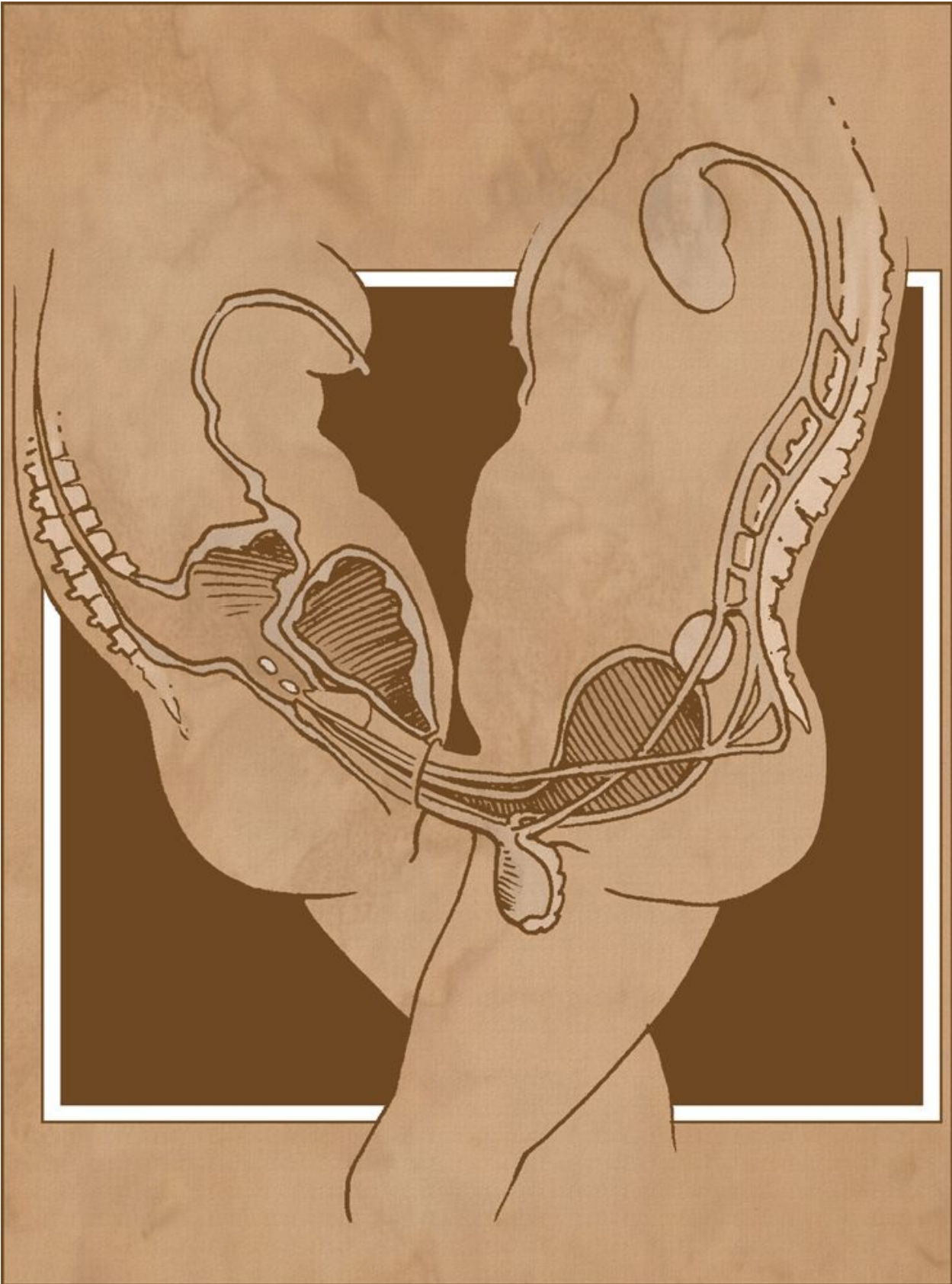
Yet bras haven't been in existence for long. Before the 1920s, women were quite skeptical about them; they preferred to wear corsets. As for bras being thought of as cute or sexy, that wouldn't happen until World War II

This chapter looks at breasts and the bras that hold them up. It begins with a peek at breasts in different times and places. It then focuses on the fascinating evolution of the bra: from how it came to be in 1860, to how it eventually started to be thought of as sexy.

The Ups and Downs of the French Breast

In France, during the Renaissance, it was believed that breast milk was made from blood that flowed into the breasts from the vagina. This notion was handed down from the ancient Greeks, with Leonardo DiVinci making a diagram of it (as shown here by our own Daerick DiVinci).

Since it was assumed that breast milk rose up from the vagina, intercourse was thought to curdle the breast-milk supply. So women who were nursing babies were not supposed to have intercourse. Perhaps the French believed that a penis going in and out of a vagina was like a paddle churning buttermilk.



Given that upper-class French women would rather have sex than nurse babies, the job of nursing babies was pawned off on the women of the lower class. This caused there to be different expectations about the breasts of the lower class women versus those of the upper class women. Breasts of the lower class were expected to be large and lactating, while upper-class breasts were expected to be small and perky. (The French must have assumed that poor women didn't like to have intercourse, so their supply of milk was safe.)

Before the French Revolution, women in France used the same kind of makeup on their breasts as they used on their faces. The goal was to make their breasts look exceptionally white. Older women would also paint blue veins on their breasts to make the skin look more transparent like that of younger women. Unfortunately, the makeup women used during that time contained lead. Not only did it corrode the skin on their faces and breasts, but it contributed to lead poisoning.

In time and with the coming of the French Revolution, the heads of many upper-class French women became separated from their breasts. Eventually it would not only become fashionable but a sign of patriotism for all French women to nurse their babies.

Saggy and Happy in Papua

In Papua, New Guinea, grown women used to parade their saggy breasts with pride. It was considered a sign of childishness or immaturity for a woman in Papua to have the kind of breasts that Americans tend to value. In fact, when women in Papua get catty, it's not unusual to accuse someone of having the taut round breasts of a younger woman. As for having cosmetic surgery to lift mature breasts, a traditional Papuan would think to herself, "Why would a woman want to do something crazy like that to her breasts when they were just starting to sag?"

In American culture, breasts have often been regarded as the crown jewels of feminine appeal, which probably has something to do with why we insist that women's breasts be covered in public. But in Africa and the South Pacific, women have walked around for centuries with their breasts bare. The men in those cultures don't get much of a rise from women's breasts. Instead, it's the parts that are covered up, namely the buttocks, that the men tend to find erotic.

Imagine what a dent it would have put in the lingerie, porn and plastic-surgery businesses if women in America were always topless and breasts weren't considered sexy? Victoria's Secret would have started with thongs instead of bras.

War Bonds and Liberty's Breasts

The World War I “Liberty Bonds” posters featuring Lady Liberty provide an excellent example of how breasts were first starting to be sexualized in America.

In the first version of the poster, Liberty was a sturdy woman with the appeal of a truck driver. The only way you could tell she was a woman is by the endless yards of drapes that were covering every inch of her body except for her manly, muscled arms and her stern, angular face. After the release of this poster, bond sales began to sag.

When the next version of the War Bonds poster was released, Liberty had become less manly and she was actually a bit sensual. A year later, by the time the fifth “Buy Bonds” poster was released, Liberty appeared quite feminine and was scantily clad. She looked like she had been dressed by the staff at Trashy Lingerie instead of in the first poster where it appeared she had been outfitted in a drapery shop. While her breasts were by no means large, they were taut and had an erotic edge. You had to look twice to see if any material from her nearly see-through gown was covering them. By the end of World War I, Uncle Sam had learned what it takes to sell war bonds.

Twenty years later, during the second World War, American soldiers consumed six million copies of *Esquire Magazine*. Perhaps this is because it showcased paintings of women who were known as “Vargas Girls.” Vargas Girls had massive, gravity-defying breasts. They were painted by the famous pinup artist Alberto Vargas.

It was during World War II that pinup girls became famous, both in paintings and in photos. The women who prepared the pinup models for photography shoots would stuff the models’ bras with layer after layer of felt pads. They felt this would help lift the soldiers’ morale, among other things.

Birth of the Bra

For several centuries, the corset was the undergarment that supported the weight of women's breasts. The first brassiere wasn't patented until the time of the Civil War and it didn't appear in the marketplace until the late 1800s. It would be another twenty years after the end of the century before the brassiere would win widespread acceptance among American women. Several elements needed to converge for the bra to knock out the corset.

According to Jane Farrell-Beck and Colleen Gau in their excellent book *Uplift—The Bra in America*, here are some of the changes that needed to occur in women's lives for the bra to become popular:

■ During the early 1900s, there was a large increase in the number of women who became involved in physical activities such as bicycle riding, golf, tennis, and swimming. It is difficult to do these kinds of activities while wearing a corset.

■ There was a major increase in the number of women in the workforce. For instance, there were virtually no female telephone operators in the 1880s. But by the 1920s, with the explosion of telephones, there were huge numbers of female operators. These operators needed to reach across large switchboards to plug in cords to complete each call. This would have been difficult to do while wearing a corset with bones sewn into it.

■ The kind of materials that are necessary make bras feel comfortable did not exist during the late 1800s. For bras to fit better, they needed have adjustable straps, they had to fasten more easily, and they needed to have soft cups with underwiring to help lift and separate the breasts.

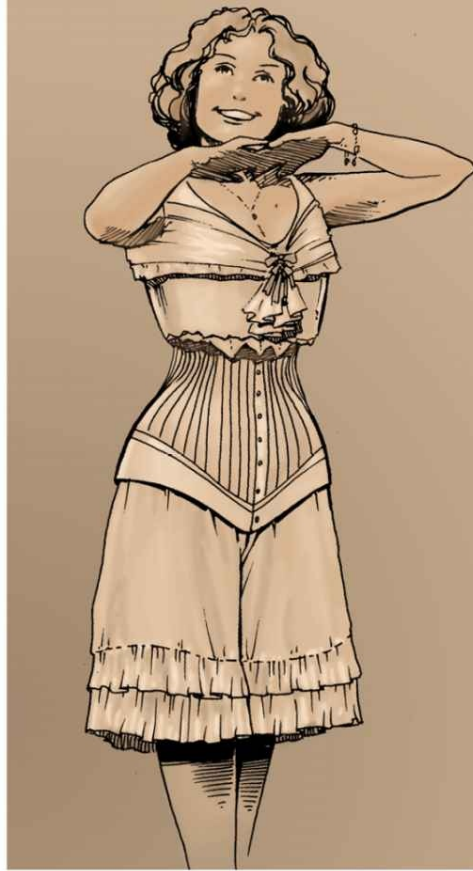
■ In 1910, brassiere visionary Madeleine Gabeau introduced the new look in bras where women's breasts were separated. This clashed severely with the monobosom or monobreast look of the day. The monobosom look made women appear as though they had no defined breasts or cleavage. It was the bodice equivalent of wrap-around sunglasses. So there suddenly needed to be significant changes in women's fashion for the bra to nose out the corset.

■ Women would need to start wearing ready-made clothing rather than having clothes custom made, and the price of the bra had to come down to fit the budget of the “new” working woman.

■ A further stumbling block to acceptance of the bra was the lack of a universal sizing code. It wasn't until 1933 that a bra manufacturer proposed sizing bras according to cup sizes A, B, C and D.

World War II—Bad for Adolf, a Boon for the Bra

Before World War II, many American women had never worn pants. But once the men were sent off to fight the war and women were called upon to man America's War Machine, pants are what they wore. Most women were not prepared for this. Articles began appearing in women's magazines giving tips and suggestions for how to wear pants. With the changes brought about by World War II, American women weren't just wearing pants and bras casually; they were punishing them while doing industrial labor.



The corset has a rich and interesting history. Contrary to what you often hear, very few women who wore corsets did a practice known as "tight-lacing." Tight-lacing is a fetish where the person wearing the corset laces it up so tight that his or her waist becomes unnaturally small. Many women in the early 1900s were hesitant to give up wearing corsets. For them, switching to a bra or "bosom supporter" might have been like a woman today going from wearing granny panties to a thong.

This is the first time in history that welders, riveters, and ship builders wore bras, or admitted to it anyway. So bra design needed to radically evolve to accommodate the range of motion of the new female workforce. Yet the supply of bra-making materials such as rubber, cotton, metal, and rayon was now rationed and in short supply.

It required 1,000 pounds of rubber to build an airplane, 1,750 pounds of rubber to build a tank, and 150,000 pounds of rubber to build a battleship. Worse yet, America's main supply for rubber had been through Asia—a trade route that

evaporated with the beginning of hostilities. Without rubber there was little elastic available for making bras. Bra manufacturers had to be very inventive to make it through the war.

One bra manufacturer was even given a secret contract by the government to produce special vests that carrier pigeons could wear. The vests, which employed much of Maidenform's bra technology, allowed paratroopers to parachute while holding the pigeons. The pigeons were used for communications when radio silence was essential, such as right before D-Day. Along with making pants a part of women's wardrobes, World War II also gave the bra, with its increasingly pointed cups, a new name: the Torpedo.

Foundations Start to Shake & Bras Become Sexy

By the end of World War II, actresses started sprouting pointed breasts. It was as if the sultry Vargas Girl drawings were suddenly hopping off the pages of *Esquire* and coming to life. Books like *Peyton Place* were bringing small-town sleaze into the public eye, and the Kinsey reports on the sexuality of Americans shocked and intrigued the masses. Sex was in the air!

Shortly after World War II, “The Sweater Girl” started to appear. When viewed from the side, the breasts of Sweater Girl actresses came out at a 90 degree angle. This was achieved by wearing bras which were the latex equivalent of the Golden Gate Bridge. A two-cupped engineering marvel called the “Bullet Bra” sold in the millions.

1947 was the year when Frederick Mellinger opened the first Frederick’s of Hollywood store and created his Frederick’s of Hollywood catalogue, which was the Amazon.com for lingerie. Millions of Americans were suddenly seeing his sexy magazine ads and receiving his Frederick’s catalogue. Frederick’s teased and titillated customers with their Peek-A-Boo brassiere and the new half-moon stick-on brassiere.

By 1949, Maidenform had begun its Dream campaign, which showed women wearing bras and flowing skirts saying, “I dreamed I danced all night in my Maidenform Bra” or “I dreamed I won the election in my Maidenform Bra.” One of the Maidenform ads from 1962 showed a sexy young woman wearing only a bra with a bare midriff, a long tight skirt, and elbow-length gloves. She was standing next to a large bull with one hand sensuously stroking one of the bull’s big horns. The caption read, “I dreamed I took the bull by the horns in my Maidenform Bra.” Only the blind would have missed the sexual innuendo of the ad. Today’s feminists would have concerns about this notion, saying that it implied women’s power was dependent on their sexuality or sexual allure. But like their gutsy mothers who built our planes and tanks during World War II, the Maidenform bra-wearing women of the 1960s were a force to be reckoned with.

The 1950s also gave birth to the inflatable bra, which offered women the option of pulling a tube out of each breast cup and filling it up to the desired level of allure. This was also helpful if the woman was flying in a plane and it

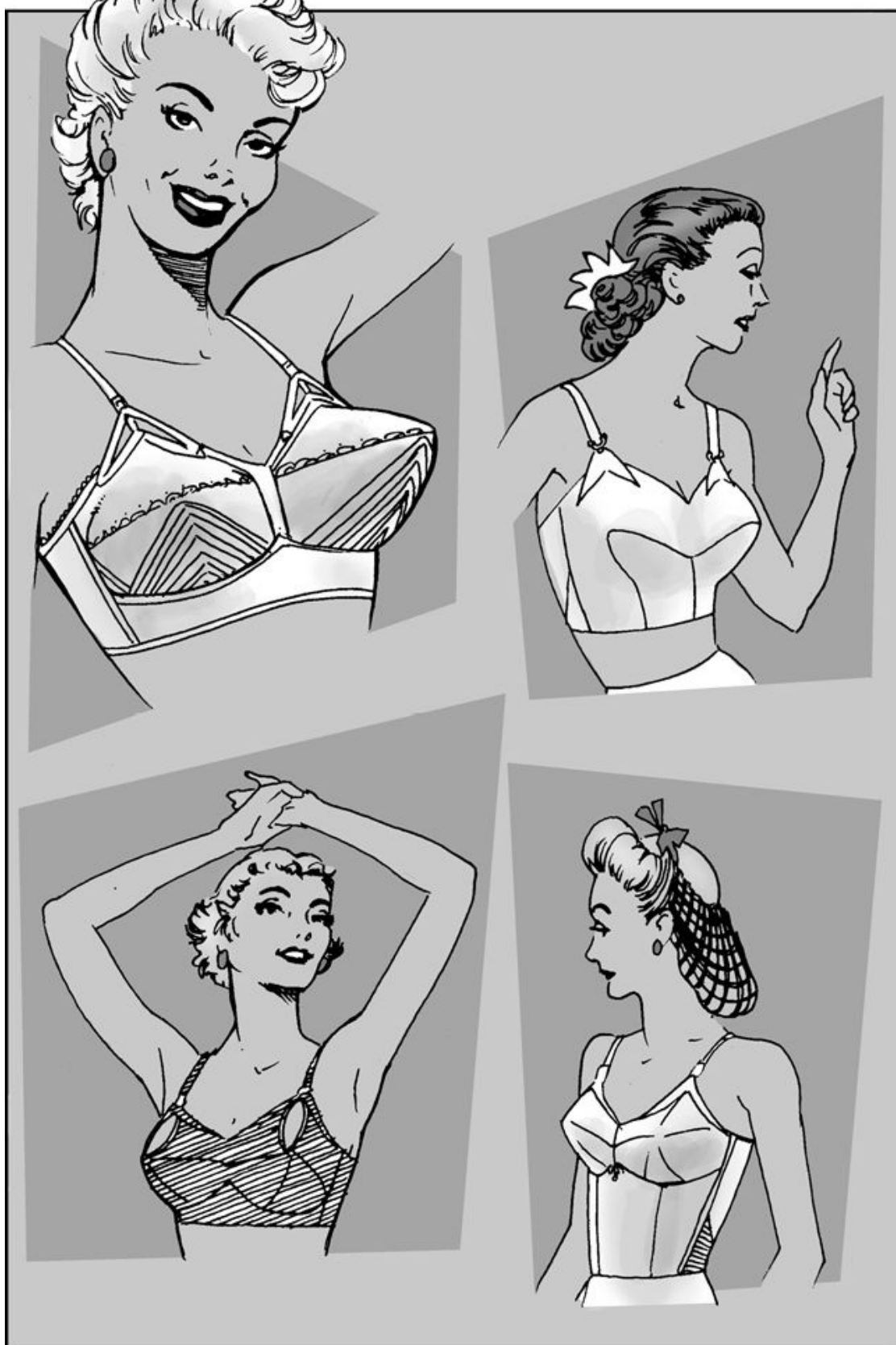
went down over the ocean.

In the late 1970s, Victoria's Secret emerged to grab the sexy-bra baton from Frederick's of Hollywood. Frederick's had started to be perceived as sleazy, while Victoria's Secret screamed "classy and elegant." Victoria's Secret quickly worked its way under women's blouses and into their pants. American women no longer needed to blush or make excuses to enter a Victoria's Secret store as they had in the later Frederick's years. And if the thousand-or-so Victoria's Secret stores weren't enough, millions of Victoria's Secret catalogues have been read by American women and men from coast to coast. Unfortunately, there has been a price to be paid for the new elegance and allure—a bra from Victoria's Secret often costs two or three times as much as a similar design from Walmart or Target.

Because of what it covers, the bra has achieved a kind of fetish quality for both men and women. This reached new heights during the 1980s when rock icons like Madonna started wearing designer underwear on the outside rather than on the inside. Foundations were shifting once again.

Crossing Your Heart from 1920 to Today

Bra and breast fashion has yo-yo'ed over the years, from having boy-like breasts to Torpedo breasts and back again. In the 1920s, the flat-chested look was in fashion. By the 1930s, the full-busted look was back. It wasn't until the 1940s that people started calling the brassiere a "bra." Since the 1970s, cosmetic surgery has come into play, with some women using it to achieve the Torpedo Bra look, while others have had the size of their breasts reduced.



During the first wave of 1960s feminism, the popular saying *Burn Your Bra* came into being, as if bras were a ball and chain placed on women's chests by male jailers. Yet women hold almost half of the bra patents that have been awarded. Women have owned a number of bra-manufacturing plants, and there's never been a glass ceiling holding women back from the higher ranks of corporate bradom.

Far from holding women back, the bra was designed to hold parts of them up. (Given that breasts weigh from eight ounces to ten pounds, some women have had to rely on bras way more than others.)

The First Falsies

Insecurity about the size of body parts is not a newly-acquired disease. Before there were padded bras, there were foam inserts called falsies. Some of the first falsies could be ordered through the Sears Catalogue in the late 1890s. They were called “bust pads” and were described as helping to “plump up the bosom.”



*This is our illustrator's interpretation of a 1950s bra ad. It read like an ad for car tires:
"Perma•Lift, the lift that never lets you down! New, exciting, exquisite. Secretly processed
Perma•Lift cushioned insets. Achieve the permanent uplift."*

The same Sears, Roebuck & Co. catalogue with the bust pads also sold "The Princess Bust Developer, a New Scientific Help To Nature, If Nature Has Not Favored You." The Princess Bust Developer promised to enlarge and shape the bosom. It included a cream that was called "Bust Cream or Food, Unrivalled for Enlargement of the Bust," and a pump that looked like a toilet plunger. At the same time that the bust developer programs started to appear, dozens of ads began to run in the *Police Gazette* during the 1890s for enlarging the penis.

No Room for Misfits

It is estimated that 80% of women aren't wearing the right bra. It's not that they accidentally put on someone else's bra, but they might as well have. It takes a concerted effort to get the right bra size. Bra cup sizes can range from A to H, with stops at B, C, D, DD, E, F, FF, G and GG. There are also numerous options for rib cage and back sizes.

If you compare the chests of two women who wear the exact same size of bra, their breasts can be shaped very differently. One woman's breasts might be shaped like eggplants, while another's are more like cones.

And just because you were a 36-B two years ago doesn't mean you are a 36-B today. Cup size can change with age. Also, some women's breasts undergo significant changes in tenderness and size during their menstrual cycle. A bra that might have fit fine on day one might be uncomfortable on day 27. Breast size can increase if you start using a hormonal method of birth control like the pill, and might decrease if you go off of it.

Bra shopping is not the sort of thing you should do by mail order, and you would be well-served to seek out a lingerie shop where the sales help has been fitting bras since the beginning of time. Avoid the sales clerk who is chewing gum and hasn't finished high school. Also avoid bras where there are bulges in the armpits, if the bra makes your breasts go out to the side or bulge along the top of the cups. And keep in mind that one company's 40-DD might be another company's 38-E.

These are just some of the reasons why purchasing a bra isn't something a woman should do on the fly, and she shouldn't try to do it with two small children in tow. A caring partner will make sure that a woman has plenty of time to try on every bra in the store if she needs to.

Whether breasts are large or small, they are attached to the chest by suspensory ligaments. These ligaments are not elastic. Once they stretch they don't snap back. In her *Breast Book*, Dr. Miriam Stoppard recommends that young girls be given good supporting bras to wear, and that a woman should not go braless for long if she does not want her breasts to sag. (This would be a hard sell in places like Papua.) So a bra has to support a woman in a way that keeps

the ligaments in her breasts from stretching. Otherwise, there's not much point in wearing one.

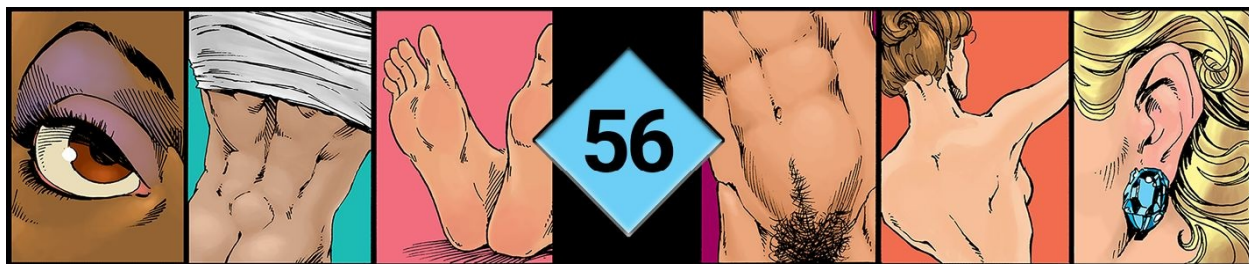
And last but not least is the matter of longevity. Not only should a bra fit and feel great through a full range of body motions, but it needs to hold up to repeated washings.

Is the Most Expensive Bra the Best?

A Consumer Reports test compared a \$127 LaPerla Vintage bra, a \$45 Victoria's Secret Ipex demi bra, and a \$11 Gilligan & O'Malley padded demi bra from Target. Of the three, the \$11 bra from Target had better cup molding, more comfortable underwiring, fit well and held up better after three washings.

Highest Recommendation You will be hard-pressed to find a more interesting book on the bra than *Uplift—The Bra in America* by Jane Farrell-Beck and Colleen Gau, University of Pennsylvania Press. This book is the kind of marvel that should be—but seldom is—the staple of America's university presses. It is well researched, but it doesn't insult the reader with poor editing or incomprehensible sentences. For a good read about a fascinating subject, *Uplift* is a great choice.

If you are interested in more about corsets, consider the highly intelligent writings of Valerie Steele. Ms. Steele has managed to anger male corset enthusiasts because she calls their practice of wearing women's corsets a fetish. (Where would she ever get a silly idea like that?) Men who are strapping themselves into women's corsets are concerned that Ms. Steele is giving them an undeserved stigma. At the same time, she's angered some of the academic feminists because she has discussed how wearing corsets has had erotic associations and how this isn't the worst thing ever. Some of the feminists have claimed she's being an apologist for the "corset torture" of women. (Freedom of speech has become so restricted on college campuses that it's not possible to even write about corsets without it triggering someone or being a microaggression.)



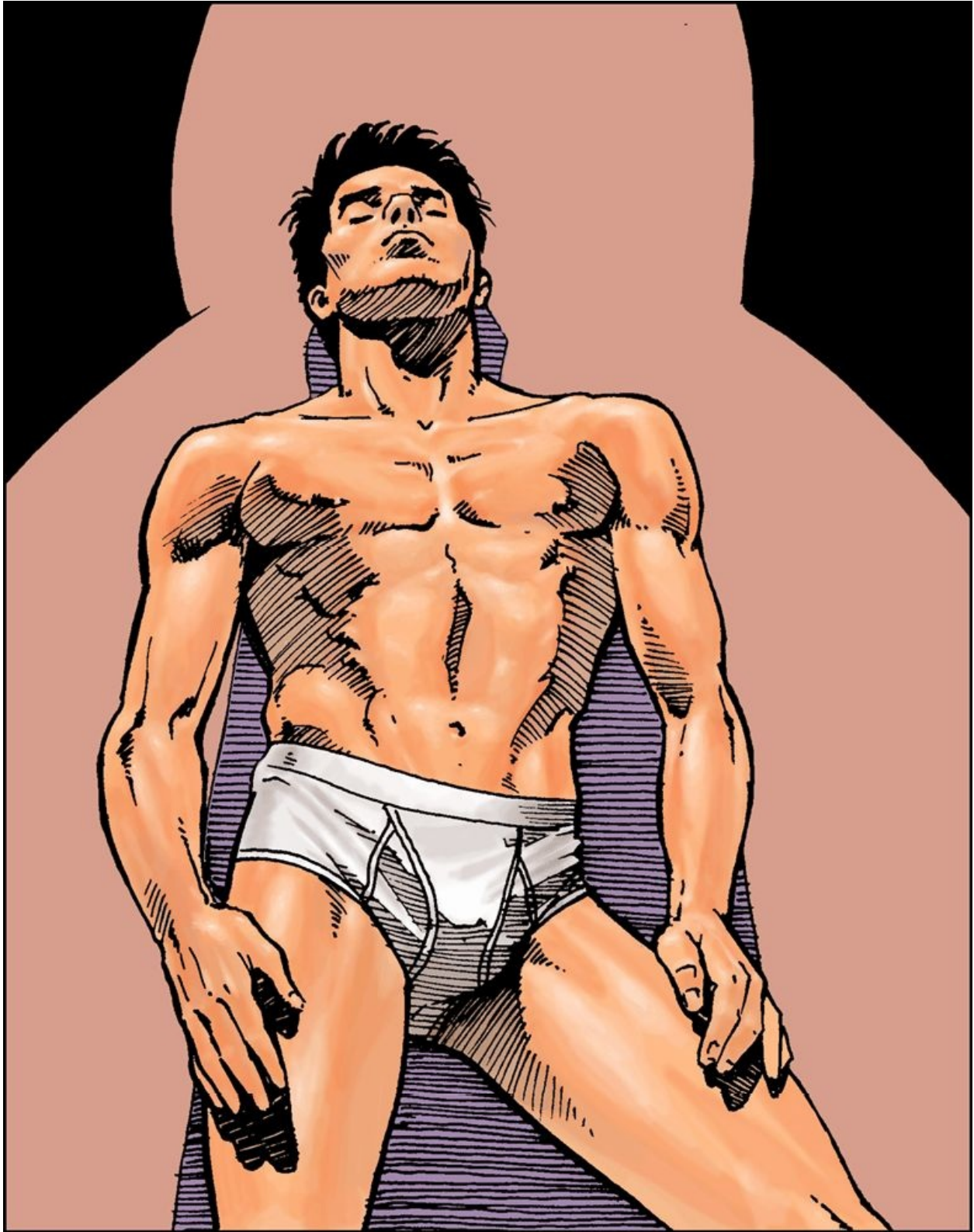
The Fruit of His Loom

What would you think if a guy phoned his partner and said, “I start to get hard when I think about the new briefs I’m wearing.” Contrast this with a woman who calls her partner and says, “My nipples start to get hard when I think about the new bra and panties that I’m wearing.”

In our culture, it’s cool for a woman to get excited about her lingerie, but we would consider a man who talked this way about his own briefs to be strange. Then again, if he’d just spent \$20 for a pair of tightie-whities with a designer name on the waistband, maybe they would give him a rise.

Calvin Klein in Your Underwear Drawer

In the early 1980s, manufacturers like Calvin Klein teamed up with famous homoerotic photographers like Bruce Weber to help make men look sexy in their boring white briefs. Then again, the male models they used in their photo shoots would have looked sexy wearing a loincloth made of cornhusks. Along with ads for magazines, they created huge billboards that drew your eye to the bulge in the crotch of the hot looking male models. (The illustration that follows was made from one of the first Calvin Klein billboard ads.)



The Calvin ads had two primary targets: gay men and straight women who buy underwear for their husbands and boyfriends. Nail these two groups, and

straight guys are putty in the corporate hand.

In these underwear ads, the hazy image of a penis behind the fly was sexier than if the guy had been naked. The model was able to give attitude in a way that a man who is buck naked can't. So while all roads led to the bulge in the briefs, these ads were far more effective than if the guy's briefs had been pulled down to his knees. The combination of attitude and mystery about what's inside the briefs was fuel for many a fantasy.

Subliminal Messages?

Wouldn't it be something if a woman could buy a pair of Calvin briefs for her partner and have him suddenly look like the models in the Calvin ads? And wouldn't it be amazing if a man could slip on designer briefs and suddenly feel like Captain America.

But the reality is, if one of the models in the early Calvin ads had been homeless or wearing \$2 briefs from Walmart, he still would have had no shortage of willing sex partners. The allure of these guys had nothing to do with the name on the waistband of their underwear.

Contemporary Girl Underwear—A Fly for Your Clitoris!

There have been a few interesting changes in the underwear scene .during the past few decades. For one, manufacturers have started making men's underwear for women. This has been perceived as massively cool. The boy brief as worn by women even has a fly or the suggestion of a fly in the front.

If you are in gender studies, you might assume that women enjoy wearing boy briefs because it's a woman's way of taking the patriarchy's penis and making it her own. But the real reason some women wear boy briefs is because they are fun and comfortable, and they help with pantylines.

Also, women in our culture receive far more encouragement to explore and experiment with fashion than men do. For many women, fashion is an adventure. Women have adopted zillions of styles throughout the ages—some being really cool, others being truly hideous. Few of these had anything to do with trying to assume dimensions of masculinity; much of women's fashion is designed to make a woman feel good when wearing it, as well as to win the awe and envy of her female friends.

Men with Bikini Briefs, Trimmed Pubes, and Waxed Backs

Over the last decade, males in university settings have started teaching courses on men's studies. Of the many things these men worry about, trying to define masculinity is near the top of their list. They often say that a defining hallmark of masculinity is that it tries to be the opposite of anything that's feminine.

Perhaps these scholars haven't noticed that straight guys have been doing a lot of girly things lately, such as wearing earrings and having the hair on their upper bodies waxed or lasered. Some even shave their legs and armpits, and plenty of men have taken to trimming their pubes and wearing underwear that's like a woman's bikini bottom or sometimes a thong.

So let's look at some of the factors that have made it safe for men to wear women's bikini bottoms.

The Speedo Coefficient: Generations of incredible-looking male swimmers and water-polo players have worn nothing but Speedos, which are basically G-strings on steroids. Hard as you might try to keep looking straight ahead, Speedos have a built-in device that forces your eyes to stare at a guy's crotch and butt, sometimes in awe, other times in horror. The Speedo Coefficient has made it safer for guys who aren't swimmers to wear what have traditionally been women's bikini bottoms.

Pro Athletes-Wearing Bikini Briefs: It didn't hurt the cause of the male bikini when professional male athletes were hired as models to wear bikini briefs in magazine ads and on posters. These half-naked athletes had women swooning, and they reassured straight men that they could wear women's bikini bottoms and not risk being called gay.

A Wife or GF's Influence: A guy would have less resistance to wearing girls' bikini bottoms if his girlfriend or wife said, "Honey, I think you'll look sexy in these." This fact wasn't lost on the underwear manufacturers, as the ads with the male athletes in their bikini briefs were clearly aimed at women.

Penis-Over-The-Top Factor: The transition to bikini underwear for men has had practical significance. That's because when men pee, a lot of us don't pull our penis through the fly in the front of briefs or boxers. Instead, we yank the

elastic waistband down and pull the penis over the top. So the fly is totally useless for a lot of men. Having the lower waistband of low rise or bikini briefs makes the process of peeing easier.

Competitive Swimming's Darkest Hour: As a spectator sport, swimming at the Olympics took it in the shorts when the traditional men's Speedos were replaced by a cross between bicycle shorts and a wetsuit. The women of Goofy Foot Press want the new suits banned. Fortunately, the men's Speedo still rules in water polo.

Briefs and Bras in Perspective

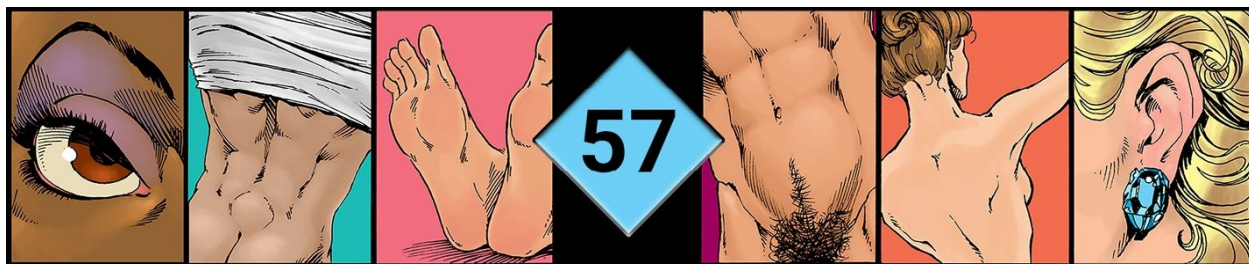
A hundred years ago, no one would have been able to predict that the bra would ever be sexy. And as little as fifty years ago, no one would have been able to predict that guys would feel manly wearing women's bikini bottoms.

Think of all the effort that went into weaving these otherwise ordinary pieces of cloth into the sexual fabric of our culture. The same can be said about many of the other things we consider to be sexy today.

End of Chapter Notes

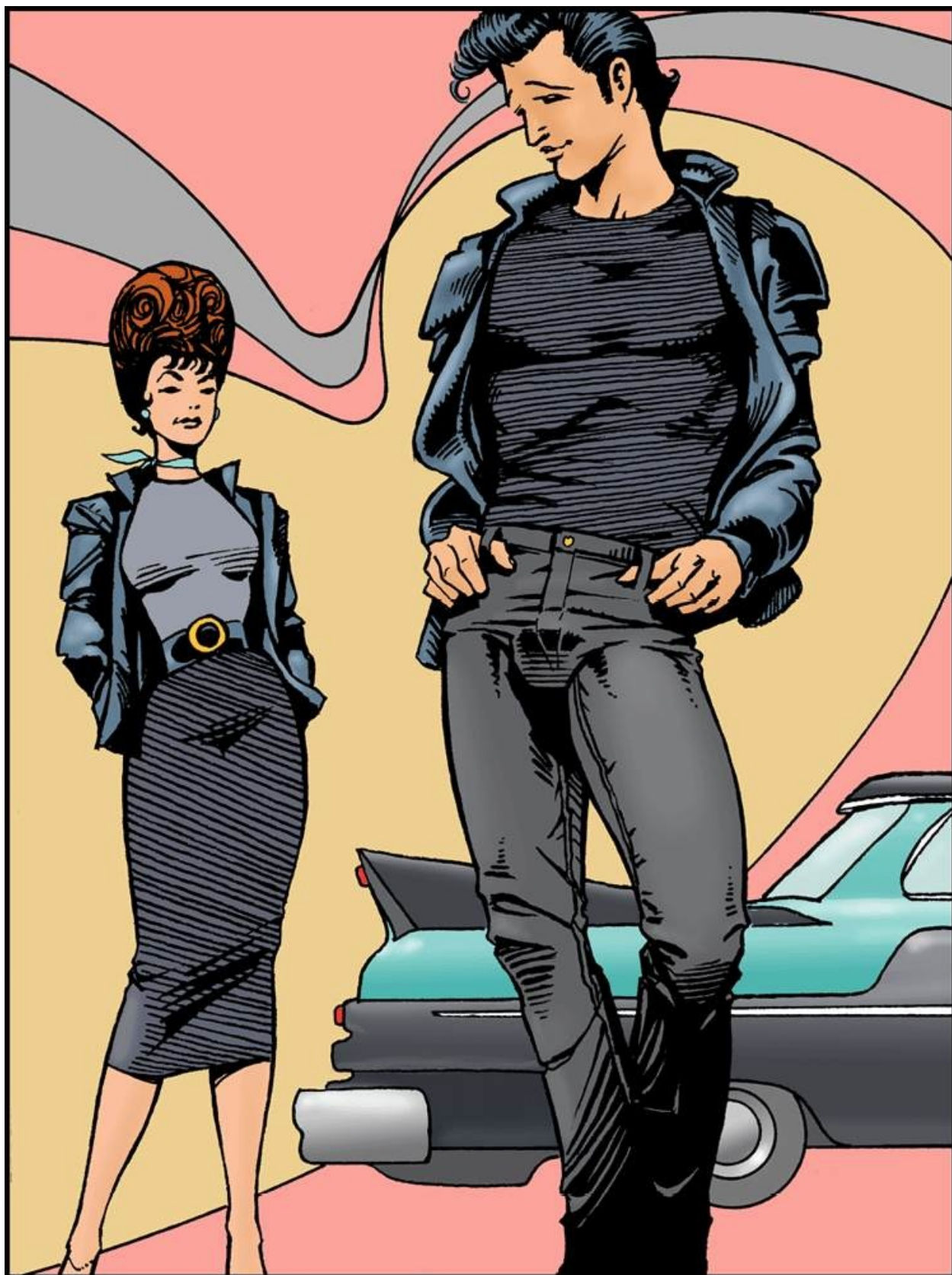
Different Water Cultures: Most male surfers wouldn't be caught dead in Speedos. The only commonality between many male swimmers and surfers seems to be water, with the water of the swimmers smelling like chlorine and the water of the surfers tasting like salt.

Athletic Supporters: Athletic supporters used to be called "Jock Straps" and male athletes used to be called "jocks." Strangely enough, the origin of athletic supporters or jock straps had nothing to do with athletes who play sports. Instead, it comes from "bicycle jockeys" who the supporters were invented for in 1874 by the Bike Web Company. Bicycle jockeys were bike-riding messenger boys who rode over the cobblestone streets of Boston. The cobblestones made their testicles jiggle furiously. The Bike Web Company looked opportunity in the eye and the athletic supporter was born.



What's Masculine, Feminine & Erotic?

The thinking in some academic circles is that masculinity and femininity are constructed by society. Once you start chipping away at what's masculine and what's feminine in different cultures, you can't help but agree, at least a little. Men and women may arrive at their respective sexual orientations in different ways, and our brains may process certain aspects of sexuality in different ways, but culture plays a big role in determining what's masculine, feminine and erotic. This chapter takes a brief look at these matters, which can be incredibly complex.



Sex roles, anyone?

Masculinity, Then and Now

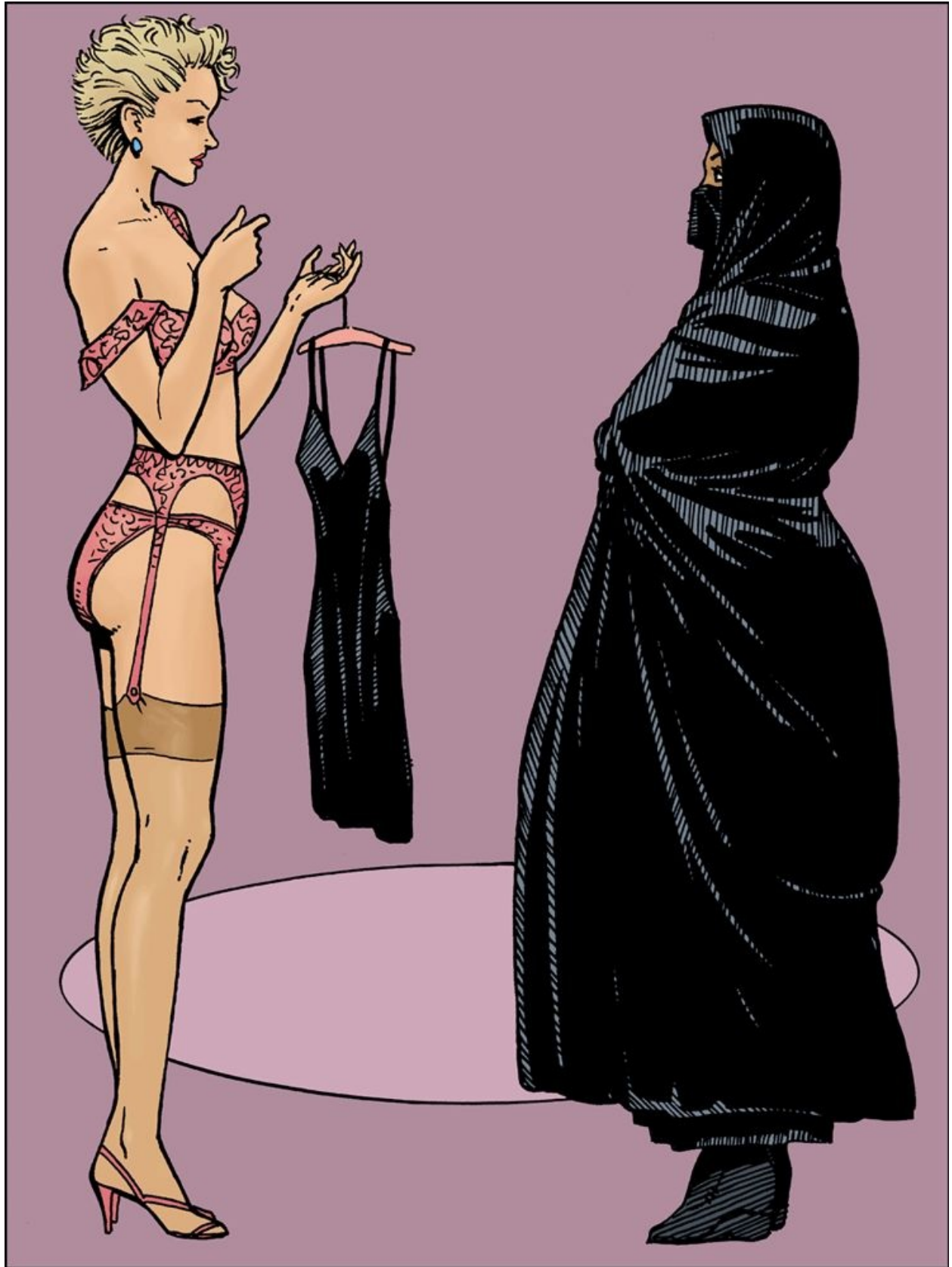
A little more than a hundred years ago, men who didn't have much money worked in jobs that required a lot of physical labor. Back then, a lean, buff man with nice looking muscles did not get that way from working out at a gym. His well-defined muscles were usually the result of working at a low-paying job. As a result, a well-dressed man with a pot belly was a better catch for an attractive young woman in the year 1900. The pot belly and nice clothes were signs that a man should be able to protect his wife and children from an economy that suffered frequent and wicked downturns. They meant a woman wouldn't have to work outside the home, which was seriously big deal at a time when the only jobs most women could get were as a domestic servant or a seamstress, working long hours at very low pay. To earn more, a woman would probably need to work in a brothel as a prostitute. That's how limited the opportunities for women used to be.

So things changed just a bit since then. Most men today with buff muscles have enough leisure time to work out. A guy who has a job as computer programmer may work out at the gym to help hide the fact that his biggest physical challenge on any given day is opening up his laptop. And the young woman who used to view Mr. Portly as a good catch might very well be working out at the gym today with Mr. Buff and making as much money as he is. Such an independent woman would not have been considered "feminine" just over a hundred years ago. That's because in 1900, feigning frailty was an important element of femininity.

What Different Societies Have to Say

Each culture has its own definition of what's masculine, feminine and erotic. Here are some examples of how these definitions differ from culture to culture, year to year:

■ Women in Muslim cultures cover themselves from head to toe when appearing in public. Women in Hollywood show up wearing a few molecules of fabric, designed to tease rather than cover. Until recently, the women in Hollywood claimed their Muslim counterparts were sexual prisoners; then they started to wear designer versions of traditional Muslim clothing as a protest against Islamaphobia, while totally misunderstanding how and why Muslim women in more traditional cultures are supposed to be covered from head to toe. The Muslim women would say the real prisoners are the women in Hollywood. One female reader says that neither women are sexual prisoners, since they both use sex to control the people around them.



Who is the “Sexual Prisoner”?

a. The Muslim Woman

b. The Western Woman

c. Neither

d. Both

■ In Japan, it's a common practice for people to strip naked and bathe together. Nobody finds this kind of public nudity to be erotic or shameful, but Lord help two Japanese who kiss in public, at least until recently. In our society, it's nearly the opposite, with kissing being fine and nudity an offense.

■ Kim Edwards is a woman who taught English in a rigid Islamic country for two years and then moved to Japan. After a few years in an Islamic country, Ms. Edwards found herself at odds with her own body. When she moved to Japan, she was surprised to find herself treated okay no matter what she wore. She could even bathe naked in public bathhouses, while she could have been stoned to death for doing this in an Islamic country. In Muslim countries, women are obliged to cover their bodies to live a chaste and modest life. However, within the confines of marriage, Muslim women are encouraged to enjoy their sexuality.

■ During Olympic events, male gymnasts from the Russian team often celebrated good performances by kissing other male team members on the lips. Our U.S. male gymnasts wouldn't be caught dead doing that, not in public anyway.

■ In America, many straight women now wear their hair short, and many straight men wear their hair long. Seventy years ago, this meant that you were homosexual. And think of the public outcry if a 1950s professional baseball player appeared in billboard ads wearing a pair of red bikini briefs; or if his 1950s beehive-coiffed girlfriend went to the grocery store wearing Doc Martens and male boxers. Or what if a straight American male wore a

pierced earring before the 1980s, or trimmed or shaved his pubic hair?

■ In America, there is nothing unusual about an unmarried 18-year-old woman having sex; but in some parts of the Middle East, India and Pakistan, such a woman risks harming the honor of her family. In rural villages, she might be murdered by her own family members in what is known as an “honor killing” to protect the family name. Fortunately, the practice is not as common as it was a few decades ago, but it still happens.

■ A decade ago, a consultant to *The Guide* was invited to India to speak on “Alternatives to Wife Burning.” It seems that if a husband and his mother are unhappy with his wife, fatal “kitchen accidents” can happen with few legal consequences. What the consultant found most surprising was that it was the men at this meeting, rather than the women, who welcomed the nonviolent alternatives.

■ In Africa, millions of women have their clitorises and inner labia crudely cut out of their bodies as children. This type of “surgery” has been considered an important passage to womanhood which many African mothers have done to their young daughters. In the West, a mother who did such a thing to her daughters would be put in prison. Of course, African women might claim that the clitoridectomy is just as cosmetic and feminine as our Western penchant for mutilating female bodies with breast implants. Who knows what an African woman might say about liposuction or labiaplasty. (Note: It seems that thousands of female genital mutilations are being done to young girls in America who are members of families that recently migrated from countries where these crude surgeries are still practiced.)

■ In the early 1800s, Americans believed that a woman’s sexual pleasure was as important as men’s pleasure. Then, from the late 1800s until the 1960s, it was considered unfeminine for women in our society to enjoy sex as much as men. Valuing sex became a masculine trait, and some women even believed that it was unladylike to have orgasms. Before you think this has completely changed, a number of college-aged women today think it’s “nasty” for women to masturbate, while they agree it’s normal for guys to do

it.

■ In parts of the world where virginity is highly valued, family members used to wait outside the newly-wed couple's door on the night of the wedding to confirm there was "blood on the sheets." The marriage could be annulled if the bride couldn't "prove" her virginity or if the groom failed to perform.

■ In North America and Europe, we view a woman's sexual wetness as a good thing—the wetter, the better. Vaginal wetness is the female equivalent of an erect penis, a sign that a woman is turned on and ready to romp. But in Zimbabwe and Zaire, women traditionally worked at drying out their vaginas before a penis went in. In these countries, a wet vagina was viewed as dirty, smelly and possibly infected. It also causes embarrassing sounds during intercourse and risks being seen as a sign of infidelity. Here we use one of many brands of sex lube if a vagina isn't wet enough, and there's an entire category of porn called "squirting."

Masculinity & Femininity

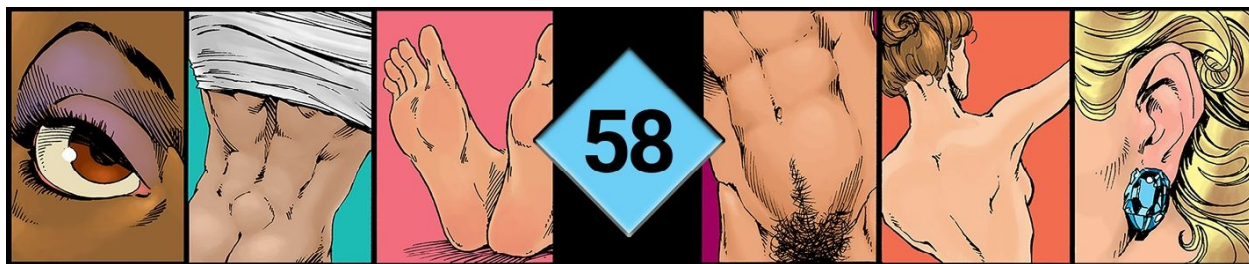
For many of us, masculinity and femininity are concepts that make all the sense in the world as long as you don't try to define them. For example, people in this country think of masculine as being rough-and-tumble and feminine as being nurturing. Yet this isn't nearly as true in preschools that require girls to wear the same kind of clothes as boys. Once freed from wearing dainty outfits, a lot of little girls get rough-and-tumble too.

Equally puzzling are rough-and-tumble men who become extremely nurturing and maternal when it is time to feed the baby. And if you assume that women are less aggressive or are the more nurturing gender, try talking to a random group of female lawyers, advertising execs or women in entertainment. While hormones may have some impact in determining male and female behaviors, what we learn from culture about our respective sex roles remains a force in shaping the way we behave. That's why it is hard to talk about the definitions of masculine and feminine unless we also know the particular country, culture and year.

From this Guide's perspective, any culture's definition of masculine, feminine and erotic can be arbitrary, transient and artificial. Nonetheless, people take these definitions seriously and get really bent out of shape if you ignore their local customs.



Are these sex-role differences due to biology or culture and custom?



I Knew the Bride—Long Term Relationships

This chapter is about marriage and long-term relationships. It doesn't pretend to be comprehensive, but it does speak about weddings, tradition, sex in marriage, fights, make-up sex, kids and divorce.

I Knew the Bride

One of the fun things about weddings is watching the white-laced bride taking her vows of marital bliss and wondering if she has ever handcuffed the groom and done some of the outrageous things to him that she once did to you or liked you doing to her. The memory puts a smile on your face and maybe even makes you blush. But it's not the kind of question you ask as you are working your way through the reception line—not with parents standing there and an array of cold, clammy hands hanging out of pastel gowns and rented tuxedos waiting to shake yours.

Weddings — What's Love Got to Do with Them?

You don't have to go much farther than a magazine rack to realize that weddings are big business. Plump, glossy zines with names like *Modern Bride* nearly bite your leg off as you walk by. The ads in these magazines reflect the many segments of our society that thrive on marriage-related businesses — bridal-wear shops, tuxedo rental centers, wedding gift registries, boutiques, kitchen appliance stores, caterers, florists, bakers, wedding coordinators, ministers, priests, rabbis, justices of the peace, Elvis impersonators performing marriages at Elvis Wedding Chapels, churches, synagogues, reception halls, hotels, resorts, diet plans, *etc.*

Traditions like marriage have become an economic spectacle. They are so choreographed you seldom get a feeling that two people are making a promise to be inseparable partners on the great climb through life. Instead, there is often the bride-to-be psychosis, where the future bride and her mother become so savagely obsessed about things like table centerpieces and bridal gowns that any sense of love is pretty much out the window.

What if couples put as much effort into improving the level of intimacy and fun in their relationship as they do selecting wedding invitations? And what about the bizarre, adolescent feeding frenzies known as bachelor parties? If guys need to see high-priced women getting naked or want to lick whipping cream off silicone-filled breasts, why not just do it? Why use weddings as the excuse?

Marriage is a big and important step. Hopefully you won't get caught up in our culture's expectation of marriage as a generator of crippling debt, and you will instead work to make your union a safe haven in a world that is sometimes anything but.

Also, what if couples took the money they spent on weddings and set it aside for one long weekend each month, just to be with each other and have fun? No phones, texts, Facebook, Snaps, or work; just a three-day weekend where it's only the two of you each and every month?



Styles of Problem-Solving

Besides feeling love and friendship, an important ingredient in keeping a relationship happy is a couple's ability to solve conflicts. Couples with a knack for problem-solving tend to have happier marriages. (Duh!)

Researchers tell us that successful couples approach conflicts with a willingness to talk things over and work them out. We are sure such couples exist somewhere who always manage to do it that way. The rest of us occasionally resort to sarcasm, name-calling, stubbornness, making threats, automatically giving in, taking blame needlessly, becoming silent or pretending that there is no conflict when all hell is about to break loose. (How marriages manage to last more than a couple of years continues to be one of the universe's great unanswered questions. But many of them do, and some partners would be totally lost without each other.)



The Good, Bad & Ugly

When you enter into a marriage or long-term relationship, the chances are good you will discover hidden but wonderful aspects of your partner's character. Cherish, respect and admire these. To deal with the more challenging parts of your sweetheart's character, consider the following:

Contrary to what you may have heard about the value of releasing anger, trying to resolve a conflict when you are still fuming at each other is not always productive. Sometimes it is best to wait until cooler heads prevail. Of course, some people will use this as an excuse to avoid confronting a partner altogether. Then nothing ever gets worked out.

Learn how to fight constructively. This means no matter how nasty or unpleasant your fights might be, try to keep them issue-oriented so you can work your way toward a solution or compromise. This is different from fights that revert to name-calling or rehashing past hurts. These accomplish little, except to degrade whatever dignity you once may have had.

Fighting is preferable to indifference, unless you are getting violent.

Every once in a while, when you feel like wringing your partner's neck, do something really nice for him or her. This could end up being far more satisfying than fighting, and it might even get you laid.

Instead of blaming your partner for things that are going wrong or wishing he or she would somehow change, try to eliminate ways you might be setting your partner up to be the bad guy. This doesn't mean you should stay in a relationship that's no longer working, it just means that the things you control most in a relationship are those that you put into it. If your efforts to change yourself don't inspire changes in your partner, then there's not much more you can do.

Birds of a Feather Get Bored with Each Other

Long-term relationships can sometimes be a challenge to keep fresh and vital unless both partners make an effort to enjoy each other.

Think about all the extra things you did to impress each other when you first met; you probably even cut your toenails or trimmed your bikini line or waxed. Why would there be any less need for romance and wooing after you've known each other for what seems like forever? Mature relationships require more rather than less effort at romance and improvement—from cards, flowers and special dates to extra attempts at tenderness.

Single vs. Hitched

Being single makes it easier to maintain the illusion that you are a perfect human being. Long-term relationships force you to confront parts of yourself that many of us would rather not. For instance, in a long-term relationship, your husband or wife will probably get fed up with your worst faults and remind you of them at least six times a day. If you are the rigid type who is incapable of change and compromise, then you might not be well-suited for marriage. On the other hand, a reader from San Francisco comments, "It could be just what you need."

Sex after a Fight, aka “Make-Up Sex”

Fights leave most couples worn out or sad. However, some couples enjoy sex after a good fight, given how their neurotransmitters are already fired up and ready for action. On a biological level, the body might confuse a fight with sexual excitement, thus eliminating the need for tender preliminaries. Hopefully, the reasons for the fight have been resolved and the make-up sex isn't simply being used as a cover-up.

Your Partner's Bad Moods

Like colds and flu, occasional bad moods are part of the human condition. In better-functioning relationships, the partner who is in the good mood is sometimes able to maintain a healthy perspective when confronted with a partner's bad mood. He or she might even take steps that will help the other's bad mood to go away. But in difficult relationships, all bets are off.

In a difficult relationship, the partner who is in a good mood experiences the other's bad mood as a personal attack, even if it has nothing to do with him or her. Attempts to help are often filled with so much anxiety that they only make matters worse, and the partner in the bad mood might lash out at the other just for the heck of it. (Why not be nasty to the person who loves you? No one else would put up with you being mean to them.) Such couples usually do better if one spouse has a job that keeps him or her on the road for long periods of time.

Sex after the Baby Arrives

Our society doesn't provide many role models for caring parents who are also sexual beings. We sometimes separate the two roles entirely, as though being a good mom or dad precludes your giving great head or loving the feel of your partner's naked body next to your own. Just identifying as a parent may make you feel less sexual than you really are. Hopefully you will take the time to talk this over with your partner before having children, as well as after. There is no reason why you can't be great parents and have great sex—although the latter won't be as spontaneous as it was before the children arrived. A married reader comments: "We had lots of sex during nap time and Sesame Street."

Also, never discount the extent to which exhaustion might erode the desire to have sex, and don't expect to have sex if you aren't doing your fair share of the child care and housework. While you've probably never considered vacuuming and taking the garbage out to be romantic acts, good luck getting laid without doing these sorts of things once the new baby arrives. One reader who is a sex worker adds, "And for heaven's sake, hire someone to help with the cleaning or wash before you spend the money on a prostitute."

Divorce & Your Children

Don't assume that kids automatically do better if their parents stay together. While some children feel a terrible sadness when their parents get divorced, others feel relief. It usually depends on how bad the marriage was, how bad the divorce is, and whether the kid gets to live with his or her favorite parent, if there is one. The absolute worst arrangement for some children is spending half of a week or a month at one parent's house, and half at the other. This can be the psychological equivalent of cutting the baby in two. On the other hand, it can work if it's being done in the child's best interest as opposed to simply placating two warring parents.

What often destroys kids more than the actual divorce is the parental lunacy for years before and years after. In an emotional sense, children of divorce often end up having no parents at all because their parents are sad, joyless, hateful or frightening to be with. If you are getting a divorce, do what you can to reach through your own pain, remembering that children need to see at least some form of hope reflected in their parents' eyes. And remember that your child's psychological health will in large part be determined by how amicably you and your former spouse are able to co-parent when divorced. It is not possible to emphasize this point too much.

Dear Paul,

Friends set me up with a wonderful woman and we've hit it off really well. We've had sex four times and are building a relationship. Then I went to her place for the first time last night. (Before that, we'd always gone to mine.) Her bathroom looked like it hadn't been cleaned for a year, and some kind of alien life form was growing from the tile in her shower. She appears clean and neat, but this is another side of her that's scary. Just so you'll know, I've never been a neat freak, and don't even buy antibacterial soap. What do I do?

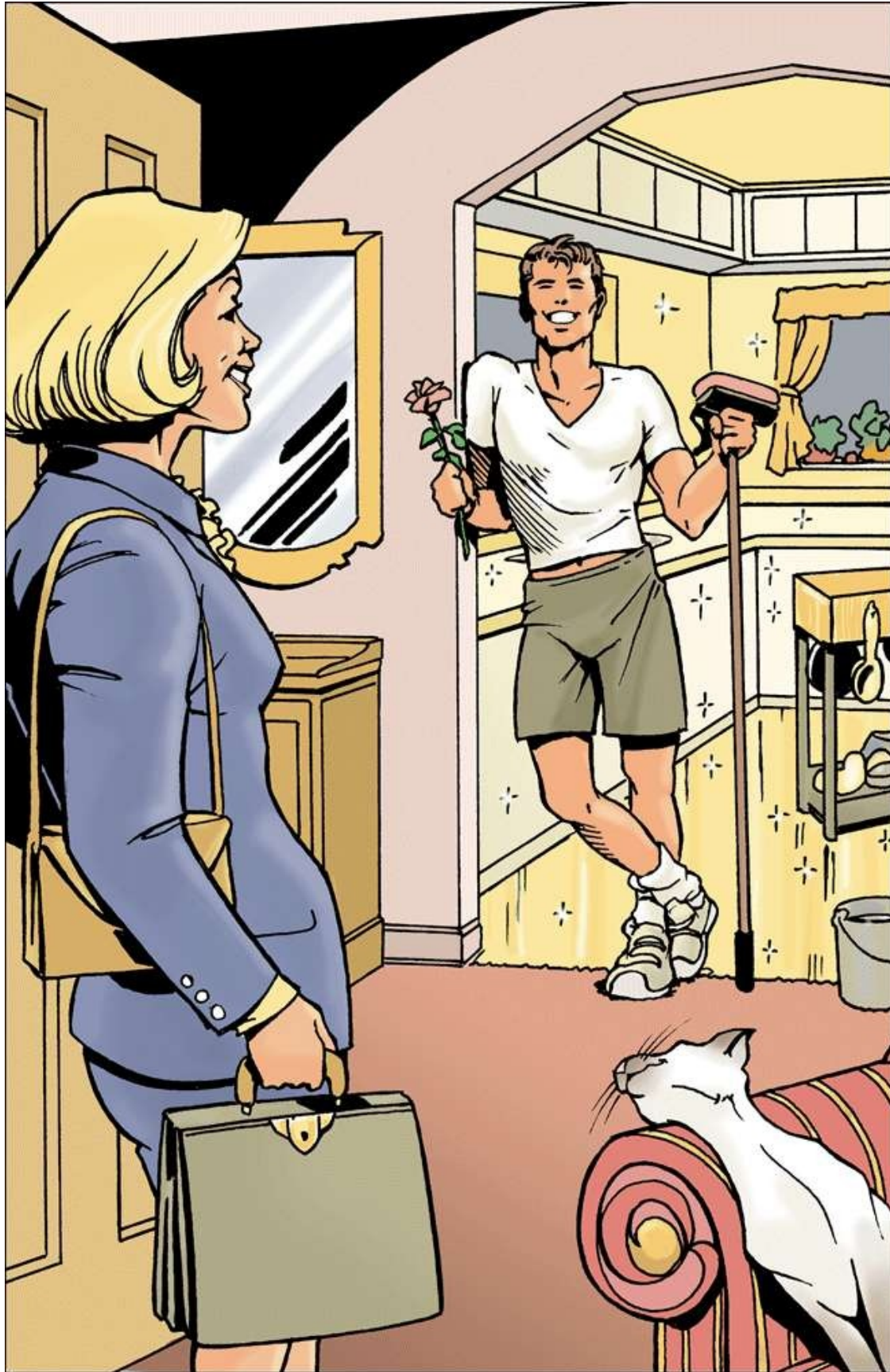
Tyler in Jackson Hole

Dear Tyler,

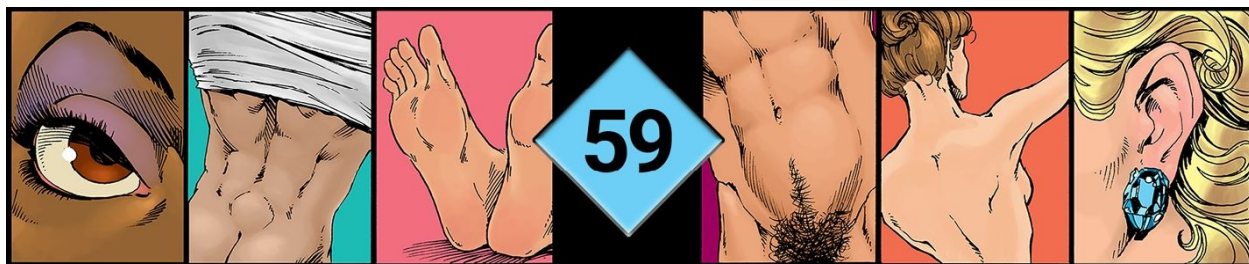
Your letter would have gone straight into the wastebasket if you hadn't mentioned the slimy ooze growing from the grout in your girlfriend's shower. Let me tell you a story about Bill and Nancy, a couple whom I feel proud and

honored to have known for more than twenty years. Their house has always been immaculate—I'm talking serious sparkle. Even the litter box is clean. One night a few years ago, we'd been having too much wine and I mentioned how impressed I was with Bill and Nancy's ability to keep such a clean house. That's when Bill started hyperventilating and nearly bled from the ears. He told me about the first time he went into Nancy's bathroom when they were grad students at the University of Chicago. It took him hours of scrubbing and gallons of bleach before he could reach terra firma on her shower floor.

My point, Tyler, is the way your lover keeps her bathroom doesn't need to be a deal breaker. What's more important is the way you and she handle the situation. If you say nothing and continue to ignore her wanton disregard for disinfectants, then I'd say your relationship is in trouble. And if she is unable to handle your spending next Sunday scrubbing her bathroom, your relationship is in trouble. But if you clean her bathroom and don't make her feel bad about it, and she returns the favor with the finest blowjob you've ever received in your entire life, then I think you're onto something good.



Men who help around the house get laid more often than guys who don't, causing speculation that Windex and Lysol are better aphrodisiacs than oysters and fast cars.



Shaving Down Below

We have managed to put golf carts on Mars and we are engineering cows with genes that nature never intended, but we have yet to find a particularly good way to remove unwanted body hair. In this chapter, we look at temporary methods for removing unwanted body hair, then at permanent methods.

IMPORTANT: Both of our gynecology consultants have encouraged our women readers who shave to use a bikini trimmer instead. They are not opposed to getting rid of pubic hair, but they are concerned about the extensive amounts of vulvar skin irritation they see due to shaving.

Body Hair Removal

“I’m more aware of myself and my sexuality when I’m shaved. It feels sensual, like the first time you wear silk underwear. It’s too much trouble to keep up, though. If there was an easy way, I think I’d do it more often.” *female age 36*

“Shaving is painful and I look about 12 years old, it grosses me out. Trimming works! Borrow a beard trimmer and go for it! One crew cut coming up!” *female age 29*

“My husband really likes to trim my pubic area for me. He gets turned on by this. I think it’s highly arousing, too.” *female age 45*

Women have shaved or plucked their body hair for thousands of years. However, here in the U.S., the current trend of shaving the female frame got its start in the year 1915, when the Wilkinson Sword Razor company began an ad campaign to convince women their arm-pit hair was unfeminine and unclean. This coincided nicely with the introduction of the first sleeveless evening gowns. Razor sales started to soar.

Now, a hundred years later, even men are getting into below-the-neck pruning, although not to the extent of women. It used to be a man who did this was considered effeminate. Now he’s liable to be a member of the football team.

As for sex differences between men’s and women’s bodies, a hair follicle is pretty much a hair follicle, there aren’t boy ones and girl ones. Some follicles might be more androgen-sensitive and grow a thicker hair, but the underlying mechanism is the same. What is different among the sexes is the timing and predictability of hair growth.

By the time a male is 25, he’s got a pretty good idea of how much body hair he is going to have, and where. Not so for women. Nature has reserved the right to play wicked hair tricks on a woman’s body at any point during her lifespan. A female reader sums it up quite aptly:

“I used to have this lovely, neat, wonderfully behaved triangle of pubic hair. And then I turned thirty, and the thing started to spread...” *female age*



Men's Pubic Hair Removal — Maintenance Vs. Scorched Earth

When we first started asking our sex survey takers whether men remove their pubic hair, we expected to see a 10% to 20% “yes” rate. We didn’t anticipate being blown away with 50% and more. Nor did we expect to see nearly total agreement between the men’s numbers and the women’s assessment of whether their male partners removed their pubic hair. (Men and women can’t agree on how much sex they’ve had with each other, but when it comes to crotch trimming, detente abounds.)

But then we got smarter, and asked for specifics about male pubic hair removal. While a lot of guys trim their pubic hair, most only do it once a month and very few men shave their pubic hair. So there’s not even close to equality between men and women when it comes to pubic hair grooming habits.

When men did shave their pubic area, it was usually the scrotum. They report their wives and girlfriends prefer a kinder and gentler scrotum for giving oral sex to. And that’s exactly what we heard from female survey takers: they went on and on about how annoying it is to get a pubic hair stuck in the back of their throat. Many of them commented on how much nicer it is to lick and suck on a well-trimmed or shaved scrotum, but they thought it a bit weird if a guy shaved off all of his pubic hair, saying it was like sleeping with a Cub Scout. The women appreciated maintenance as opposed to scorched earth, and they rewarded it by giving more oral sex.

Men with hairy backs and shoulders are likely to shave, wax or laser that part of their body, but we haven’t done any surveys on that.

Not Everyone Wants Their Partner Bare

Some people prefer their partners with pubic hair, or at least some of it. One guy says he thinks it's sexy when a woman has more than a tiny landing strip, and a woman tells us she's fed up with her boyfriend's bare scrotum that feels like the fruit on a cactus. So before you go to the pain of waxing or plucking your privates, why not ask your partner what he or she thinks?

The Big Myth about Shaving

Contrary to what you often hear, there is no truth to the myth that shaving results in a thicker hair follicle or increased hair growth. The reason hair might look thicker after you shave or trim it is because you are cutting the hair off at the thickest part, around the base. A normal, full length hair is thickest at the base and tapers toward the tip. So instead of a soft, well-worn tip like that on a fully grown hair, a newly shaven hair will look like a tree stump and have a nasty, sharp edge. En masse, newly shaven hairs create the 5 o'clock shadow.

Shaving is by far the safest method of temporary hair removal because it does no damage to the follicle. There are two different kinds of razors to consider, depending on whether you are shaving a large flat area, like your legs, back or chest, or something more rounded, like your face or pubic area.

For chest, back and leg hair, try a woman's razor for leg hair. It doesn't matter if you are male or female, women's razors are often made for large, flat areas. If you are shaving your crotch, you'll want a razor with a head that swivels, like many of the razors that are for men's faces. A razor designed to navigate the chin will make small-time of the scrotum. Experiment and find what is best for your hair and skin type. No matter what parts you are shaving, it may take weeks before your hair and skin settle into an obliging routine.

If you are shaving between your legs, it is often easier to do it in the shower or bath. Or, you can warm the area for several minutes with a wash cloth. Getting it warm and wet can help make shaving easier. You might try using shaving cream that's for sensitive skin or the "bikini area," although there's little difference between shaving cream that's marketed to women as opposed to men except for the fragrance. Keep extra cream in the hand that's not holding the razor so you can reapply it each time you are going over an area that you've already done. You don't want to pull a razor across skin that doesn't have shaving cream on it.

For the first month, you might try shaving in the direction the hair seems to grow in and not against it, although this can be a challenge in the pubic area because the hair often grows in swirls. Be satisfied with an okay job instead of a great job. An okay job means shaving with one stroke or two, and not against the

grain.

If you've been at it for a couple of weeks and want to experiment with going against the grain, give it a try. But wait until you get a good sense of the different directions that the hair can grow in, and the price your skin might pay for a perfect shave. Doing an obsessively neat job often results in shaving off some of the skin, especially the little bumps in the skin that frequently populate the labia and scrotum. These are called Fordyce spots.

The skin on your genitals is not as resilient to shaving as the skin on other parts of your body. For that reason, the latest and greatest five-blade razor that works great on your face or legs might behave more like a meat-slicer on your labia or scrotum. It may also be necessary to pull the skin in your pubic area tight in order to get a good shave. Throw a pair of gonads under the surface, and good luck. Assume there will be a learning curve.

A lot of people experience itchiness and discomfort for the first month of shaving. If you have concerns, a dermatologist or a licensed hair-removal professional is a good person to consult. And if you are using an electric shaver, beware of those with rotary heads. They may not be the best choice for pubic hair.

The "pimples" that can form after shaving or plucking aren't pimples at all and should never be popped. (They can take up to five days to form after waxing.) These are often caused by pockets of pus resulting from bacteria that have gotten into the follicle, but they do not have the structure of a pimple. If you are concerned about them, check with your healthcare provider. Antibiotics might be necessary.

To help prevent ingrown hairs (*pseudofolliculitis barbae*), a number of shaving experts suggest that you exfoliate often. Try using a loofah or skin-scrubbing product, or a liquid exfoliant like Tend Skin. Some people say to do it right before you shave, and others say to do it right after. If ingrown hairs remain a problem, try using an electric razor and shave only every other day. Also check with a dermatologist to come up with the best strategy for your skin type. For one of the best discussions you will ever find about ingrown hairs, click on the "razor bumps" section at www.hairtell.com.

Loofah Note: There is some concern that natural loofahs can harbor bacteria.

Some people suggest using synthetic loofah-like materials instead. There's no science to guide us either way, although a recent study found that even the cleanest of kitchen sponges contain some of the gnarliest bacteria you can imagine, and this might suggest all is not well in Loofa Land. Perhaps using a freshly laundered washcloth is the smartest way to go.

Assorted Hair Facts—From Nipple Hair to Hair on Your Genitals

Number of Hair Follicles: All of the hair follicles anyone will ever have are formed while we are in the womb. The average newborn (and adult) has 2 million hair follicles and sweat glands. Hair follicle density is similar in women and men.

Nipple Hair: It is very common for women to have nipple hair. The hairs around the nipples tend to grow out in pairs and crisscross over each other due to the placement of follicles.

Hormonal Birth Control: Hormonal birth control can impact the growth of body hair. For some women, it can result in less body hair, and for others it can cause more. Pregnancy can cause a hormonally-related increase in body hair. Things usually go back to normal in six to twelve months after delivery.

Inner Lips: The inner labia of some women end up sticking to the sides of their legs when all of their pubic hair is removed. When this is the case, it might be better to use corn starch for a possible remedy as opposed to talc, since partners can't taste corn starch when performing oral sex and talc use in the genitals may cause an increase in cancer. (Check with a gynecologist before putting any kind of powder on your genitals.)

Hair on the Shaft of the Penis: It is not unusual for males to have hair that grows up the shaft of the penis. This might best be taken care of with electrolysis, but few guys will do that. So if you shave your shaft, shave carefully.

Will It Grow in More Thickly?

Shaving hair does not cause it to grow in more thickly. What causes hair to grow more thickly is an increase in hormones related to puberty, pregnancy, menopause and certain metabolic disorders such as PCOS. Medications such as certain inhalers, corticosteroids, some antidepressants, and some hormonal methods of birth control can cause an increase in hair growth, as can an increase in blood circulation.

Other Ways to Get Hair Off

Depilatory: This is a form of chemical warfare that dissolves the hair at the surface of the skin. You've probably heard of Nair. Depilatories don't do a better job than shaving, but some people like them. Others find they irritate the skin. Be sure to follow the instructions and check to see if they are safe to be used on the genitals. Never use a depilatory on the scrotum. (There are some very funny parody reviews for products on Amazon from men who have supposedly used a depilatory on their scrotum.)

Vaniqa: This is a prescription cream that started life as an anti-cancer drug. The reason it sometimes works on reducing hair growth is because tumor cells and hair follicles have much in common. Vaniqa also helps cure African Sleeping Sickness. So people coming out of near-death comas from sleeping sickness who were treated with Vaniqa might find their unwanted body hair gone as well. Vaniqa only removes body hair on 58% of the women who use it, and only temporarily. What's truly bizarre is that in clinical tests for Vaniqa, more than a third of the women using a placebo cream also had "improved" or "markedly improved" results with their unwanted body hair. Vaniqa hasn't been tested on men, and its safety and effectiveness hasn't been tested when it is applied to pubic hair. Plus, you need to get a prescription and it is expensive.

Tweezing: Contrary to what you might think, tweezing can do nasty damage to the hair follicle. This can be a cosmetic bummer if you radically tweeze your eyebrows and find you are stuck with the bald eyebrow look for life. The most common body parts that get tweezed are eyebrows and nipples. Warm the area with a wash cloth to trick the follicles into relaxing their grip on the hairs. To prevent over-plucking of eyebrows, www.hairfacts.com recommends you draw the line you would like with a concealer first, then pluck the little villains that reside on the other side.

Waxing and Sugaring: If you are waxing for the first time, be sure to have it done professionally or by a friend who is highly experienced. Infections and broken hairs can result. If you are a woman, the pubic area seems to be more tender when you are having a period, so wait until later for waxing. If you are a man, be aware there are scrotum-horror stories about the wax pulling off more than pubic hair. If you are going to wax a scrotum, get special wax that is meant

for that, and only work in small areas at a time. For either sex, there is no evidence that waxing decreases hair growth unless it creates scar tissue over the follicles. While some people can go for a month or two between waxings, others have visible hair growth after only a week. Wait at least two hours after showering before waxing, and try not to get sweaty for 24-hours after waxing. Facial hair needs to be at least one-eighth of an inch before waxing, while pubic hair needs to be at least one-quarter of an inch. The pain of waxing is often worse the first few times; the pain receptors in the skin don't seem to revolt nearly as much by the third or fourth time if you wax on a consistent basis.

Rotary Epilators: These are electronic torture devices with rows of tweezers that yank hairs out by the root. Some people swear by them, others swear at them. The Braun model comes highly recommended, as does the Cleancut Personal Shaver (formerly called the Seiko Cleancut). People who use the Cleancut recommend getting the companion trimmer. You need to pull the skin tight when using an epilator on your genitals and the hair has to be long enough for the mechanical tweezers to yank them, but not too long. The most pain occurs the first time you use a rotary epilator. Some of the epilators have a special attachment for the first time which reduces the number of hairs pulled out during each pass.

Threading: This is plucking with a thread. It's a traditional form of removing hair from the faces of Indian and Muslim women.

Beware of Bleaching: This isn't a way of removing hair, but trying to make it look less obvious. Bleaching can make hair look thicker because the bleach gets absorbed inside the shaft and puffs it up. Plus, it can make the hair stick out more from the skin.

Head Trips? If you are a fan of the naked noggin, you'll find all kinds of head-shaving tips at www.baldrus.com.

Permanent Hair Removal—Electrolysis

With electrolysis, a technician sticks a thin electrified needle into the hair follicle. He or she then zaps it electrically. Think of it as being like sending your hair follicles to the electric chair.

There are three different kinds of electrolysis: galvanic, thermolysis or Flash, and blended. The blend method is a combination of thermolysis and galvanic. It is said to be the best method for removing pubic hair.

An average male might have 25,000 or more hair follicles running from his navel to behind his scrotum. A woman will hopefully have fewer hair follicles, and no scrotum. One of the reasons why it is difficult to estimate how many hours of electrolysis it will take to clear your crotch is the density of hair follicles. Jacob might have only 20 active hair follicles in an area that's the size of a quarter, while his girlfriend might have 200.

When trying to conceptualize hair follicles, think of a cave with a sleeping bear inside. That's because a large number of hair follicles on our bodies are resting at any time. One of the keys to successful electrolysis is being able to start with a full initial clearance. Then follow up with several electrolysis sessions over a course of twelve to eighteen months to zap new hairs that have come out of hibernation since your last appointment.

A knowledgeable electrolysis expert offers the following perspective:

“In the pubic area, there are well over 20,000 hairs packed into that small area, so one would need to remove at least 2,000 hairs just to effect a 10% removal. Proper treatment requires longer and more frequent appointments in the beginning, and tapers off to minutes every 3 to 6 months at the end. If the aggressive schedule is not followed, one could go once a month for an hour for the rest of one's life and only get a minor reduction.”

This means that you and an experienced electrolysist need to make a treatment plan and follow it. You'll want to be sure to get total clearance during the initial phase, which will require more and longer sessions at the start. Don't just go in for an hour or two and think it's going to work. Figure on at least ten or twelve hours to tame the wild beaver.

As for the pain, it can vary from almost none to excruciating, depending on

the person who is doing the electrolysis, the person who is having the electrolysis done, and the particular part of your body that's being zapped. For instance, logic might tell you it's far more painful to have your scrotum done than the hair at the base of your penis, but the opposite is usually true. You will definitely want to talk to the technician about pain-relief options.

With all of the special handling that goes on during hair removal of the male genitals, it's not unusual for guys to get an erection. Most attendants know about this and the erection actually helps the process because it stretches the skin more tightly. Even if you don't have an erection, you will find the electrologist will probably ask you to stretch the skin with your fingers to help the process go faster. The problem for guys who want electrolysis on their penis or scrotum is that most electrolysists are women, and not many will work on a guy's crotch.

To find a competent electrolysist who will do crotch hair—especially on a male—here are two possible options: visit the forums at www.HairTell.com, although you'll want to ask for references and be sure the person is licensed and legitimate. (There's never any harm in checking with the state licensing board and the Better Business Bureau to see if there are any complaints on the person.) Also, you might search online for suggestions posted on the subject by M2F transsexuals. They need a lot of electrolysis before they can have bottom surgery, and they usually know who will do it and who is good.

Between Waxing and Electrolysis—Laser Hair Removal

Laser hair removal works best if you have very light skin with dark hair growing out of it. That's because lasers work by targeting the melanin in the hair follicle. This is the compound that gives hair its color. The laser emits a very narrow bandwidth of light that can be absorbed by the melanin in the follicle. The heat that gathers in the melanin then radiates to the rest of the follicle and hopefully fries it. If your skin is olive or dark, or the hair is blond or gray, or the laser isn't well-matched for your skin type or isn't working correctly, the destructive energy can be absorbed by your skin instead of the hair follicle and nasty things can happen. (Forget using lasers for removing nipple hair. You'll end up with a nipple fry, as the dark skin will absorb all of the energy.)

Also keep in mind that there are different kinds of lasers with dozens of different brand names. Only an experienced and highly competent laser hair removal specialist will be able to advise you on what is best for your particular shade of skin and color and type of body hair.

This is why you should always have a test patch done first and not schedule any appointments for at least a week or more to make sure your skin doesn't become pigmented. Then be sure the same attendant does all of your treatments using the same machine. The people at HairTell.com have a laser hair removal consultation form you can print out. Take it with you if you are visiting a laser hair-removal center. Please read their suggestions on how to select an electrologist and what to ask.

Also, be aware that no fertility studies have been done to demonstrate the safety of using lasers on a guy's scrotum. (The lack of smooth skin on the scrotum can create its own problems with laser hair removal.) No studies have been done on whether laser hair removal impacts the sensitivity of the clitoris.

As for the home hair removal kits, there is not enough science-based information yet to say much about them. Be sure to read the consumer reviews—which tend to be mixed and you never know how many were written by PR people from the manufacturers. Calculate the added costs of replacement cartridges, and don't expect the home units to do as good of a job on pubic hair as professional equipment that costs thousands of dollars. Also, do not expect

these to work if you have dark skin or light hair.

Permanent Hair Removal Precaution

This chapter has barely touched the surface of permanent hair removal. If you are considering it, please spend a few hours doing research.

Permanent hair removal can be safe, effective, and satisfying, or it can permanently damage your skin. It can also be painful, and it is almost always time-consuming and very costly. Make the experience work for you by knowing as much as you can before you take off your shirt or drop your pants and plunk down your hard-earned money.

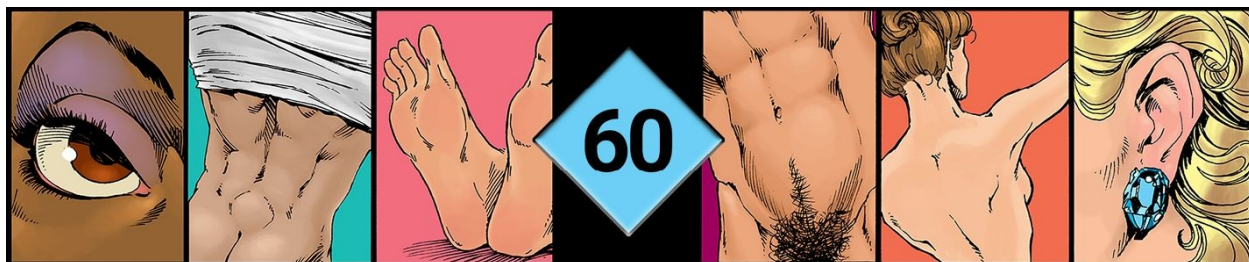
Hormonal Problems that Cause Plentiful Hair Growth

Some hormonal conditions can cause women to have hair so thick on their faces that they need to shave twice a day. Some of these women live in dire fear that they will get into an accident and have to be hospitalized and won't be able to shave their faces. At the same time, there are men who find hairy women to be a sexual turn on.

According to Sarah Rosenthal, author of *Women and Unwanted Hair*, the causes of excessive hair growth in women can include too much androgen secretion (polycystic ovarian syndrome), overactive adrenal glands (such as with Cushing's disease), hair follicles that are too sensitive to androgens, certain drugs (including some oral contraceptives, steroids, and dilantin), insulin resistance, hyperthyroidism, endocrine disorders, genetics, obesity and stress.

If you are bothered by the amount of hair you have or if you suddenly start growing gobs of new hair, try to find an endocrinologist who specializes in hirsutism. Just because the physician is an endocrinologist doesn't mean he or she is either sympathetic or knowledgeable about hormone imbalances and excessive hair growth.

A Big Thanks to Andrea James for an eye-opening education about getting rid of body hair.



On Needles and Pins: Piercings, Tattoos & Sex

In the first edition of *The Guide*, piercing and tattoos didn't get a mention. In the sixth edition they rated three pages in the section on kink. Now they have a fairly substantial chapter of their own.

Tattoos, which used to be the hallmark of bikers and bandits, have become body chic and mainstream cool. Who knew that “tramp stamps” would show up on more women's tail bones than anchors on sailors' arms or tear drops in prison-yard tattoos?

According to various studies, approximately 40% of people ages 18 to 40 have at least one tattoo and 14% have body piercings. For young adults between 18 and 25, the number of body piercings increases to between 35% and 50%, and this doesn't include pierced ears.

However, according to a large study of students at Texas Tech, Baylor, Notre Dame and Purdue, less than 2% have piercings through their nipples or genitals. So while this chapter may focus on genital piercings, please don't assume that masses of people have them or that getting one is a good idea. This chapter is in response to questions about nipple and genital piercings, but is not a recommendation to get nipple or genital piercings. If nature wanted you to have extra holes through your nipples or between your legs, she would have put them there.

Warning & Disclaimer: While this chapter discusses some of the safety and health issues surrounding piercing and tattooing, it does not provide medical information and should not be viewed as a substitute for such. In two large studies, between 17% and 45% of people who had piercings experienced medical problems ranging from local tissue trauma, bleeding and bacterial infection to endocarditis and hepatitis B. Before getting a piercing, please consult the website of the Association of Piercing Professionals, and be sure to read and follow all of their safety guidelines (www.safepiercing.org). Before getting a tattoo or piercing, understand there's not much difference between an

unsterile tattoo or piercing needle and the needles junkies use to shoot up with.

If you have diabetes, if you take antibiotics when you go to the dentist, or have other health-related conditions, please consult with your healthcare provider before getting a piercing or a tattoo. Also, placing metal posts through highly innervated parts of your body such as your genitals has the potential to result in permanent nerve damage, serious infection and severe bleeding.

Keep in mind that a piercing site that is healing is an open wound and needs to be treated as such. It can easily become infected, and is a source of infection to others. Follow the instructions that the piercer or tattoo artist gives you regarding your healing site, including when you can resume having sex.

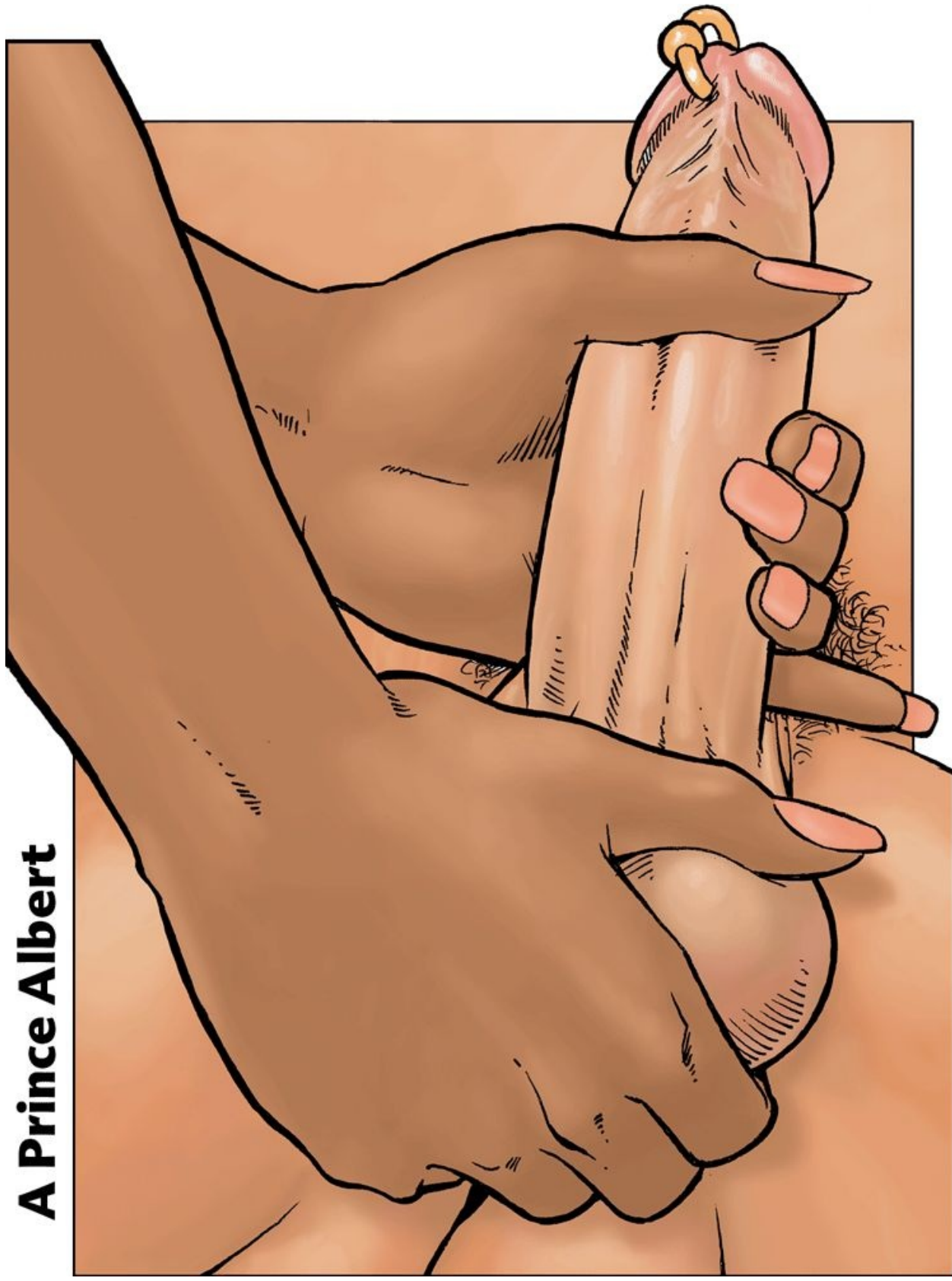
Penis Piercings and Other Male-Genital Adornments

There are no scientific studies about the effectiveness of penis piercings in increasing a man's or his partner's sexual pleasure. The men often say the piercing helps to increase their own sexual pleasure as well as that of their partners. Some men particularly like the increased feeling in their urethra when they have a piercing that goes through it, although there may be a price to pay in terms of how your pee and ejaculate come out. Some men say that having a penis piercing makes masturbation feel even more fun than when their penis was not pierced.

Here are a few of the different penis piercings:

Prince Albert or PA (see the illustration that follows): This is probably the most common penis piercing. It is where a ring is threaded through the urethra and out through the frenulum or part of the shaft where the foreskin attaches to the glans. It is said to heal sooner than most. Given that a man doesn't usually arrive for a penis piercing with an erection, it is important for the ring to have a large enough diameter so the urethra doesn't rip when the penis gets hard. The gauge should be large enough to prevent tearing, and the ball should be big enough that it doesn't drop down the urethra if it comes undone.

A Prince Albert



Reverse Prince Albert: Same as the Prince Albert, but the ring goes through the top part of the penis glans instead of the frenulum side.

Apadravya or AP: This is a vertical piercing through the head or glans of the penis. It can run through the urethra, or avoid it by sitting higher on the head of the penis. APs that go through the urethra are said to heal sooner. Some say the urine helps to clean the wound. If done correctly, the apadravya can be comfortable because it has so much flesh around it. When there are problems, they usually occur because of how it impacts the corpus cavernosum of the penis.

Pallang: This is a horizontal piercing where a barbell-shaped piece of jewelry runs through the head or glans of the penis. It can go through the center of the urethra, or above it.

Magic Cross: While not nearly as popular in evangelical circles as the name might imply, the magic cross consists of a pallang and apadravya through the penis head which forms a cross. If done with one stacked on top of the other, the two bars can touch or meet inside the urethra.

Dydoe: This is where small rings or barbells are placed around the edge of the head or glans of the penis. It can hurt like hell and is prone to more problems than other kinds of piercings. If the man is not circumcised, he will need a baggy foreskin for this to work.

Infibulation: Where the foreskin is pierced in a way that jewelry connects the two sides of the foreskin to prevent intercourse or the glans from being exposed.

Frenum: When the shaft of the penis is pierced along the raphe, sometimes in a series which is called a frenum ladder.

Scrotal: Any piercing that passes through the skin of the scrotum. These piercings can be difficult to heal, given that ball bags perspire, and clothes, thighs and the penis can rub and irritate the piercing site.

Scrotal ladder: A series of piercings that are aligned to make a ladder up the scrotum.

Guiche: A piercing of the perineum, or area between the balls and bum. Can run in the direction of thigh-to-thigh, or scrotum-to-bum. Perspiration and

rubbing from underwear can make this kind of piercing a bear to heal.

Beading

This is where small beads are implanted under the skin on the shaft of the penis. If a sexual partner doesn't like the feeling of studded dildos or studded condoms, it is unlikely she will jump for joy when you pull out a penis with beads under the skin. It never hurts to discuss with your partner any genital alterations you might be considering in advance.

Meatotomy, Genital Bisection, Penis Splitting and Subincision

These terms are body-mod speak for slicing a penis in two. Some of the most popular photos on the Body Modification Ezine (www.BME.com) are of this very modification. Perhaps it's due to disbelief rather than admiration ("We are so not in Kansas anymore!")—although you never know.

Penis Piercings and Your Partner's Pleasure

Aadravya (beads at 12:00 & 6:00) vs. the Pallang (beads at 3:00 & 9:00): With the AP, the beads at the ends of the barbell are at the 12:00 and 6:00 position on the head of the penis. This means that the apadravya has the potential to stimulate a partner's G-spot area, assuming she has a G-spot area that likes being stimulated with small metal balls. As for the horizontal pallang, it's hard to see how this would add to a partner's pleasure, unless she likes extra stimulation on the walls of her vagina at 3:00 & 9:00.

Ampallang Impact on a Partner's Vagina: It can take quite the cocksman to get a penis with a steel bar through its head to slide comfortably inside a vagina. Expect a learning curve for both of you. Also expect to use a lot of lube, possibly a condom, and you'll want to make sure the bar is no longer than is absolutely necessary.

"Slowpoke" on the BME website has done a great job of reporting on the adjustments he's had to make for intercourse to work with an ampallang:

1. He uses a condom with lots of lube. The barbell does not usually tear the condom, and the condom helps his accessorized package get inside his lover's vagina. Experiment with whether a tight-fitting condom or a condom with a baggy head works better for you and your partner.

2. Experiment with different kinds of jewelry to find a combination that feels best for both of you. A titanium barbell helps minimize the heft which can decrease cervical bruising for your partner. Also, try to decrease the length of the bar as much as possible. You don't want your penis looking like a tightrope walker carrying a balance bar.

3. Experiment with different kinds of thrusting. Slowpoke found that his girlfriend liked it best when he used shallow strokes that maximized the way the ball on the top of the barbell rubbed near her G-spot area.

4. Your partner might be nervous, which can cause the opening of her vagina to tighten. Spend as much time as she needs before you try to slide your accessorized penis into her vagina. Slowpoke tries to go in while still a bit soft. He cautions against pulling all the way out while thrusting.

5. Cleanliness afterward is important, as his AP has made him more

susceptible to getting yeast infections.

Cervical Abrasion

Due to the way the cervix is innervated, the woman won't necessarily feel the surface of it being abraded by the top ball or bead of the apadravya. (There would be reasons nature made the head of the penis more like a cushion than a metal ball.) Your partner will usually know if you caused cervical abrasion by drops of blood afterward and discomfort the next day.

Showerhead Effects & Ejaculation Effects

Any piercing that intersects with the urethra can cause urine to spray out of the penis instead of come out in a stream, or in the case of a Prince Albert, the pee can cascade down the side of the jewelry. Some men are able to minimize the problem by rotating the penis 90 degrees or more when peeing. Others say a finger pushing against the lower hole can help to minimize the problem. Lord knows, you'll have plenty of opportunity to experiment and find what works best. The bottom line: If you have any kind of piercing that goes through your urethra, there is a good possibility that you'll end up needing to sit when you pee.

Ejaculations are unlikely to paint the ceiling once a metal bar is running through your urethra. If you used to squirt, you might now ooze.

Ring Tossing

Jewelry on the end of a penis can cause a diaphragm, cervical cap, or NuvaRing to dislodge (aka “ring tossing”). Fortunately, a NuvaRing is easy to take out before intercourse and to put in after. Doing so can be a fun part of your sexplay. The NuvaRing can stay out for three hours before you need to worry. If a woman who wears a NuvaRing has a partner with a penis piercing, at the very least she or he should check after intercourse to make sure it is still in place.

Chip & Swallow

Make sure your partner's balls are firmly attached before sucking on a penis with jewelry. Also, while wearing a mouth guard is not called for, be mindful that teeth have been chipped by jewelry that's on a pierced penis. Back teeth are vulnerable as well as front.

Clitoris and Labia Piercings

Women often report that their genital piercings help them feel a greater sense of pride and ownership in their genitals. If done correctly and in synch with sexual preferences, piercings can also provide welcome sensations, as well as being a catalyst for fun vagina dialogues with a lover.

The kind of genital piercings a woman can have are dependent on her particular anatomy. Decisions about what to put where need to be carefully coordinated with an experienced piercer who understands female genital landscapes. Jewelry with a larger gauge can provide more stimulation and is less likely to pinch or tear delicate tissues. You should also purchase the finest jewelry possible, as harmful bacteria can collect in any pittings that might be on the surface of jewelry that isn't well made.

Most clitoris piercings are really clitoris-hood piercings. Here are some of the different clitoral and labia possibilities:

Vertical Clitoral Hood Piercing or VCH: This is where the piercing runs in the direction of nipples to knees and stimulates the clitoris directly. While not piercing through the clitoris, the jewelry lays on top of it and touches it directly. A woman who doesn't like her clitoris to be touched should beware, as a VCH is going to provide a lot of clitoral contact. The jewelry that goes in the piercing can be a barbell or a ring. A barbell will probably be more stimulating, as the top sits on the shaft of the clitoris while the bottom ball kisses the tip of the clitoris. *Note:* One way to see if you've got enough hood for a hood piercing is to lubricate the head of a Q-Tip and see how easily it can fit between the hood and your clitoris. The piercer will need to insert a receiving tube under the hood in order to keep the needle from skewering your clitoris. If there's not enough room or if the ring is too tight against your clitoris, consider other kinds of piercings.

Christina: This is a surface piercing that is mostly for decoration. It goes where the mons pubis joins the outer labia. It is easily rejected, does not provide sexual stimulation and can be a nightmare if you are wearing tight jeans. There needs to be some thick tissue here for this one to work, as this part of a woman's crotch often flattens out or moves with her normal range of motion. It carries with it a greater risk of infection.

Nefertiti: This piercing runs vertically under the clitoral hood from the top of the vulva where the large lips meet and exits where the clitoral hood hangs over the tip of the clitoris. Given how long the piercing is, a flexible bar made of tygon or nylon is often used, and it can take a long time to heal.

Isabella and Princess Albertina: These are dangerous piercings. Avoid them at all costs. You do not want a piercing to invade the female urethra, nor do you want to risk severing the dorsal nerve or puncturing the artery of the clitoris. Nuff said?

Horizontal Hood Piercing: A woman's clitoris and hood tend to retract when she stands, and the placement of horizontal piercings needs to take this into account. Otherwise, discomfort can occur. Placement is said to be optimal when the bead rests on the tip of the clitoris. Larger beads tend to be more stimulating. Jewelry with a thicker gauge might be preferable when a woman enjoys more pressure during intercourse. Women with a narrow pubic area or large labia or thighs that rub might not do as well with a horizontal hood piercing.

Triangle Piercing: This is where a ring is passed under the nerve bundle of the clitoris at the base of the hood. It requires an extremely experienced piercer who can locate the nerve bundle and negotiate the jewelry behind it. It can look like a sexy door knocker, assuming your clit is hung well enough to handle it. This is the only piercing that stimulates the clitoral tip from behind, and it can seriously ratchet up the sensations during intercourse. Not that many women have a clitoris that sits out far enough for a ring to be safely passed under it. A narrow crotch or big outer labia can cause the ring to twist. If that's the case, a teardrop-shaped ring might work better than a circular ring. *Note:* Piercing people refer to the clitoris in the usual "what you see is what you get" way that most of us do. However, as you can see in [Chapter 11. What's Inside a Girl?](#), this is only referring to the clitoral tip. The rest of the clitoris wraps around the vagina and occupies much more space.

Inner Labia Piercing: The success of an inner-labia piercing will depend a good deal on the thickness of the labia. Anything less than an 1/8" wide is likely to fail. Also, the piercings need to be placed far enough from the edge of the outer labia so they don't pull against the outer labia as a woman walks, runs and

bends over. As with most genital jewelry, a thicker gauge will usually feel better and is less likely to tear these tender tissues. If a labial piercing is placed closer to the vagina, a woman's partner will be more likely to feel the sensation during intercourse. If it is placed closer to her clitoris, she might feel more sensation during intercourse.

Outer Labia Piercing: Given how outer labia have sweat glands, perspiration can be a problem as these piercings try to heal. To keep these piercings from getting irritated, let your outer lips flap free. The jewelry can also rub unpleasantly against tight panties and even your other labia.

Fourchette: This is a piercing on the bum side of the vagina that goes from the bottom wall of the vagina into the perineum. We're not talking much room to work with. This can be uncomfortable for women who enjoy intercourse, as the ring can get pulled into the vagina with incoming thrusts.

Pierced Clit: Some women have a clitoris that's beefy enough for piercing (minimum of 1/4" wide and the hood can't constrict the jewelry). Piercing an actual clit seems worrisome when you consider that the part of the clitoris that would be pierced has small chambers that become engorged with blood during arousal. Putting a post through the clitoris itself seems like it's playing Russian roulette with some pretty important neural pathways.

Female Genital Jewelry and Pregnancy

Most women with genital piercings have no problem getting pregnant. The problem can be with what happens during delivery. Talk it over with your obstetrician or midwife. The time to NOT get a new piercing is if you are pregnant or trying to get pregnant. Your body will be changing a great deal, and what was a well placed piercing during your first trimester might not be so during your third.

Beware the Navel Piercing

You would think that of any piercings, the navel would be a piece of cake. But if there is one place where you truly want an experienced piercer, your belly button is it. Wrong angle, wrong jewelry, and you are staring at six to eighteen months of healing. *Hint:* While you might have been dreaming of getting cool little ring in your navel, consider a curved barbell instead. And keep in mind that not all navels are made for piercing. An outie navel most likely contains a herniated umbilicus, and there are some asymmetrical parts of innies that do as well. The problem is if your site becomes infected, the infection might go straight to your liver via one of these blood vessels. If that happens, you may be getting your next piercing in the afterlife.

Nipple Piercing

As with genital piercings, nipple jewelry can bring its owner a sense of pride as well as being a great distraction for a partner to play with. But nipple piercings also come with a serious “ouch factor,” and unless they are done right, they can migrate faster than a wildebeest across the Savannah.

The jewelry that’s best for nipple piercings will depend on the size of your nipples and breasts. Also, men and women alike need to let the piercer know if their nipples are soft or erect at the time of the piercing. Jewelry that is placed in an erect nipple that later goes flat can be uncomfortable. (Jewelry that’s more flexible like tygon or nylon might work better with flat nipples.)

In case you haven’t noticed, female nipples tend to have a bit more going for them than male nipples when it comes to being pierced. So unless a woman has flat nipples, the piercing should go through the base of the nipple where it meets the areola, but not through the areola. (You don’t want to court a case of mastitis.) It’s different for guys. Man nipples usually aren’t as robust as women’s. The piercing will often need to go through a man’s areola to avoid being rejected. Fortunately, he doesn’t have a mammary-gland situation to contend with.

Other Nipple Piercing Considerations

Males usually don't need to worry about menstrual-related breast soreness, but a woman should weigh that before getting her nipples pierced.

Women who are planning to have their nipples pierced should inquire about the kinds of fabrics they will be able to wear. How will your nipple rings look under a conservative business suit? Lacy bras will probably be out, since the ring will constantly catch in the lacy material. You will also be limited in the kind of shirts you will be able to wear to work.

Wearing a bra during the healing process can put pressure on the piercing site and prolong healing, and a woman who thinks she might have an infection at her nipple site should seek medical care immediately. As stated earlier, mastitis can be a bear to deal with.

Nursing and nipple piercings is a topic you should research if you are planning to have a baby. The advice is often contradictory—perhaps because different women have had different experiences. So look up several sources and be prepared for a number of different scenarios. (What if your normally stoic nipples become terribly tender during your third trimester? Should you remove your nipple jewelry for the duration while nursing? What if the piercing-related scar sites on your nipples becomes extra sensitive?)

Tongues, Lips and Labret

A tongue piercing is something you should enjoy the feeling of in your mouth. A lot of people have tongue piercings, so be sure to ask around and get their advice. You'll want to have a sense of how far forward or back you want your piercing. Street wisdom has it that if you enjoy going down on women, you'll want your tongue piercing more forward, and if you like to give blow jobs, get it farther back, but this depends on your technique. Other considerations with placement include how much you want the outside world to know it's there. Some women change their tongue jewelry to match certain outfits. There are small silicone caps that fit over the bead of a barbell. These are soft and are used for decoration and for giving oral sex.

Also research the angle you want the piercing to be. The straighter it is, the more the ball will rub against the top of your mouth. Be aware that the post will angle just a bit to the side in order to avoid the web on the bottom of your tongue. The piercer might initially put in a post that's longer than what you'll need. This is to help accommodate the swelling during healing.

Tongue piercings don't usually hurt a whole lot, but expect your tongue to swell up like a weather balloon soon after. Don't expect to be talking right for the first week, and remember that eating can be a challenge with a sore and swollen tongue. The healing period will normally take a week to two weeks. The piercer might want you to avoid certain foods during the healing period, including sugars. The folks at BME caution that tongue piercings are susceptible to genital warts, and a tongue piercing might increase your chances of giving and getting sexually transmitted infections. *Note:* If a woman who gets frequent vaginal infections has a partner with a tongue piercing, bacteria in her partner's piercing might be causing the infections as a by-product of his going down on her.

A labret is a type of lip piercing, of which there are many variations. The inside of the lip can sometimes grow over the jewelry, and gum recession and chipping of tooth enamel can be problems. Be sure ask if there's a special kind of backing you can use that might help prevent these complications.

Love Making Precautions for Men with Tongue Piercings

Here is advice for men from female readers on using their body jewelry to sexual advantage:

Kissing: Unless you are careful, you can bang and perhaps chip your partner's teeth. So go easy and be aware that your tongue needs more tooth clearance than one that is less accessorized. Also, women don't seem to enjoy being kissed by guys who slobber. But having a post through your tongue may keep you from sucking the saliva from it as well as you did pre-op. And some women aren't crazy about having foreign objects in the back of their throat. So when you French kiss, don't stick your tongue in very far, and remember to swallow.

Nipple Play: One woman says that dragging a steel ball across her nipples can be "a bit gnarly." Assuming your partner likes to have her nipples licked or sucked, make sure that you've coated her nipples with a heavy layer of saliva. Extra saliva on her nipples may help your ball glide rather than drag. Use the tip of your tongue when playing with her breasts and nipples. This will help keep the steel ball at bay. The best solution is to talk to your lover about this, with her giving you plenty of feedback.

Oral Sex: It is possible to give wonderful oral sex, but only as long as you know where your ball is and what it's up to. Try flicking your tongue across the palm or back of your hand. This will help you learn to steer your ball better. The last thing you want to do is bang a steel object against a woman's tender nerve endings. You will need to flick your tongue more delicately than a guy who doesn't have a steel ball attached to the end of his. To paraphrase a woman who has dated a couple of different guys with pierced tongues, flicking a pierced tongue across a woman's vulva can feel really cool, but only if the man is extremely gentle and acutely aware of the impact that a pierced tongue has. She also cautions against probing inside a woman's vagina with a tongue that's pierced.

Piercings to Avoid

Surface piercings can easily reject and can leave a scar. Hand webs are piercings in the skin between the thumb and forefinger. Not a great idea. And under no circumstances should you ever attempt a uvula (throat) piercing, unless you have no gag reflex or aren't concerned about choking.

Abandoning a Piercing

Always check with an experienced piercer about protocol for pulling out a piercing and letting the skin grow back together. And if the piercing is on your face, seriously consider getting the advice of a plastic surgeon before pulling out the post for good.

Airport Security

Airport security is unlikely to discover your piercing jewelry. One of the reasons is because it's usually made of high-quality metal that isn't magnetized. As one woman remarked, airport security didn't catch her rather stout nipple rings, but they did find a penny in her pocket. Nonetheless, the government recommends that you take out your body jewelry before going through airport security. However, you should probably try to put it back in as soon as you clear security, as holes can start to close almost immediately.

Some people who are screened frequently, such as pilots with Prince Alberts, elect to replace metal jewelry with acrylic jewelry. Other options include jewelry made of glass or medical-grade plastic.

X-Rays and Medical Procedures

You will usually need to remove all metal rings and body jewelry before having an MRI and certain medical procedures. Think metal in your microwave. You can always put in a nylon post to keep the site from closing.

Tattoo, Tattoo!

Studies done at Texas Tech found that both male and female students with tattoos were “substantively and significantly more likely to be sexually active” than nontattooed college students.

Tattoos can be very sexy, so if that’s what you want to do, why not put some serious thought and effort into it and get the best you possibly can? Learn about the different styles, the different inks, and healing times and sterilization. Don’t just rush out and do it, especially if you have been partying and are still trailing tequila vapor. Save your money for the absolute best tattoo artist you can possibly find. Research, research, research. Spend a few hours reading every line on the tattoo FAQ from the rec.arts.bodyart newsgroup. This incredibly well-organized, helpful, gold mine of information is lovingly maintained by Stan Schwarz. Don’t be put off by the wicked URL:

<http://faqs.cs.uu.nl/na-dir/bodyart/tattoo-faq/part1.html>

Tattoo Logic

The first thing to consider about getting a tattoo is that it is forever. It's highly unlikely it's ever going to go away. If the reason you are getting a tattoo is because your lover's nickname is Cyclops and you think it would be cute to have a cyclops tattooed on your chest with your nipple as his eye, keep in mind that Cyclops might someday get an eye for someone else, and what do you do then? Even if he doesn't, boobs sag. Maybe not today, maybe not tomorrow, but one day you will blink and gravity will have suddenly done a number on your perky breasts. Your cyclops tattoo will start looking like things do in curvy carnival fun house mirrors. So keep in mind that bodies change over time, as will the skin under your tattoos.

Or what if you and your lily-white bros in your white-supremacist street gang get racist tattoos, and in two years' time you fall head over heels in love with a girl who is Jewish or black?

Hopefully, your reasons for wanting to get a tattoo are well thought out and future proof, and you are going to spend some time and money getting the best and most interesting tattoo you possibly can.

Tramp Stamps and Ass Antlers

A tramp stamp is a lower-back tattoo that rides on the pants line. It peeks out at you when the owner—usually a woman—wears low-rise jeans or a cropped T-shirt that shows her midriff, or she bends over and her pants go low and her shirt goes high. The tattoo is often V-shaped and points down in a way that signifies the anatomy below. Tramp stamps are the kind of tattoo you can hide when you're at work if you need to. Designs range from flowers, butterflies, dolphins and tribal art to unusual symbols, geometric shapes and even sentences, although this is probably not the spot for biblical quotations.

The closer to the bones a tattoo is, the more painful it can be to get. Tramp stamps are close to the tailbone, although some women have more padding there than others. (Tramp stamps on people over forty are known as “gramp stamps.”)

Some women are offended by the term “tramp stamp” because they feel the expression is derogatory and suggests that women who get this kind of tattoo like sex more than most. One can only hope. When you consider other possible terms such as “fart art” or “lower lumbar tattoo,” the term “tramp stamp” starts to sound pretty darned good.

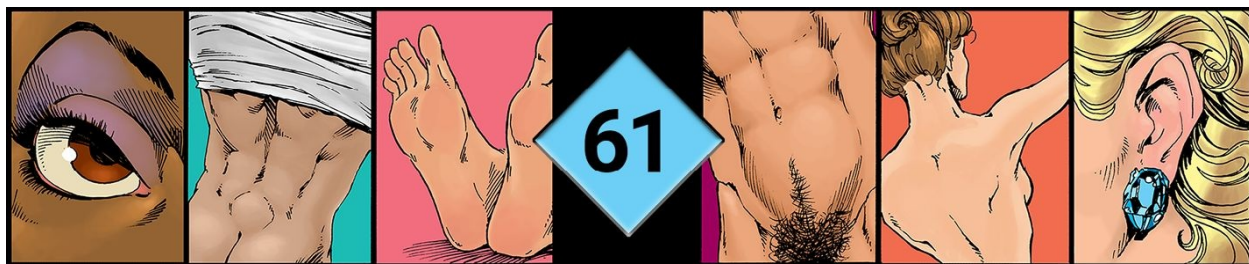
There was a brief blogging frenzy a few years ago when a conservative blogger discovered that rub-on tramp-stamp tattoos were being sold in the vending machines at Toys'R'Us, next to the Hannah Montana stickers. In retrospect, this seems like it was perfect product placement.

Removing a Tattoo

A study of people who have tattoos removed showed that while twice as many women as men wanted their tattoos removed, at least a third of these women wanted to get new tattoos on another part of their body.

Tattoo removal will cost you dearly, and is unlikely to be totally successful. It can be painful, and you may need to opt for a cover-up instead of removal. Do lots of research and ask tattoo experts as well as a dermatologist or two their opinion before deciding on a removal process. A botched removal can leave an unsightly scar. If you go for a cover-up instead of removal, find a cover-up specialist who comes highly recommended. There are some cover-up specialists who do it often and do it well. Others will only make it worse. *Beware at home tattoo removal kits. Splurge and see a specialist.*

Special Thanks to Dr. Jerry Koch at Texas Tech, to the people who maintain and contribute to BME (Body Modification Ezine) at www.bmezone.com, to Anne Greenblatt, manager of the rec.arts.bodyart Piercing FAQ, to Stan Schwarz, manager of the rec.arts.bodyart Tatto FAQ, and to Dr. Myrna Armstrong & The Body Art Team.



Sex during Pregnancy

If you hadn't noticed by now, each woman has her own unique way of looking at the world and you can't really predict how she will react to the man who knocked her up. Some pregnant women will want more intimacy than ever before, while others will want space—sometimes vast amounts of space. This can be confusing for a dad-to-be, as he is never quite sure if the love of his life wants to snuggle or pluck his eyes out. Also, don't think that the dad-to-be isn't experiencing his own set of pregnancy-related emotions. These may cause him to hesitate sexually while his child-to-be is turning somersaults half a penis-length away. The mom-to-be might be wanting to rip his clothes off, and he's suddenly prim and proper.

This chapter is about sex during pregnancy, from orgasm-related uterine contractions to swelling genitals and fetal brain development. For most couples, anything that felt good before conception is perfectly okay after, including oral sex, anal sex, vibrator play and vanilla lovemaking. But no matter what you read in this chapter or anywhere else, please discuss sex during your pregnancy with your healthcare provider. There might be situations where it is prudent to alter some of the more outrageous ways that you and your partner enjoy sex.

Talking to Your Healthcare Professional about Sex

Think about this for a moment: you go to a physician, get totally naked, spread your legs apart and let your doctor put her fingers in places where even the IRS doesn't look. Yet many of us are nearly paralyzed by asking the simple question "Is it okay for me to have sex while I'm pregnant?"

Plenty of physicians encourage couples to have sex during pregnancy. Obstetricians rely on people having healthy sex lives in order to keep from going broke. So do pediatricians, gynecologists, Lamaze instructors and everyone else in the healthcare industry. There is no way your physician wants you getting out of practice with intercourse as long as the possibility exists that you might have more kids. So don't be afraid to ask.

If your healthcare provider says it's okay to have sex, go for it. If the answer is "No, it's not okay to have sex," then it is important to ask more questions. The first is "Pork hay?" which is Spanish for "Why not?"

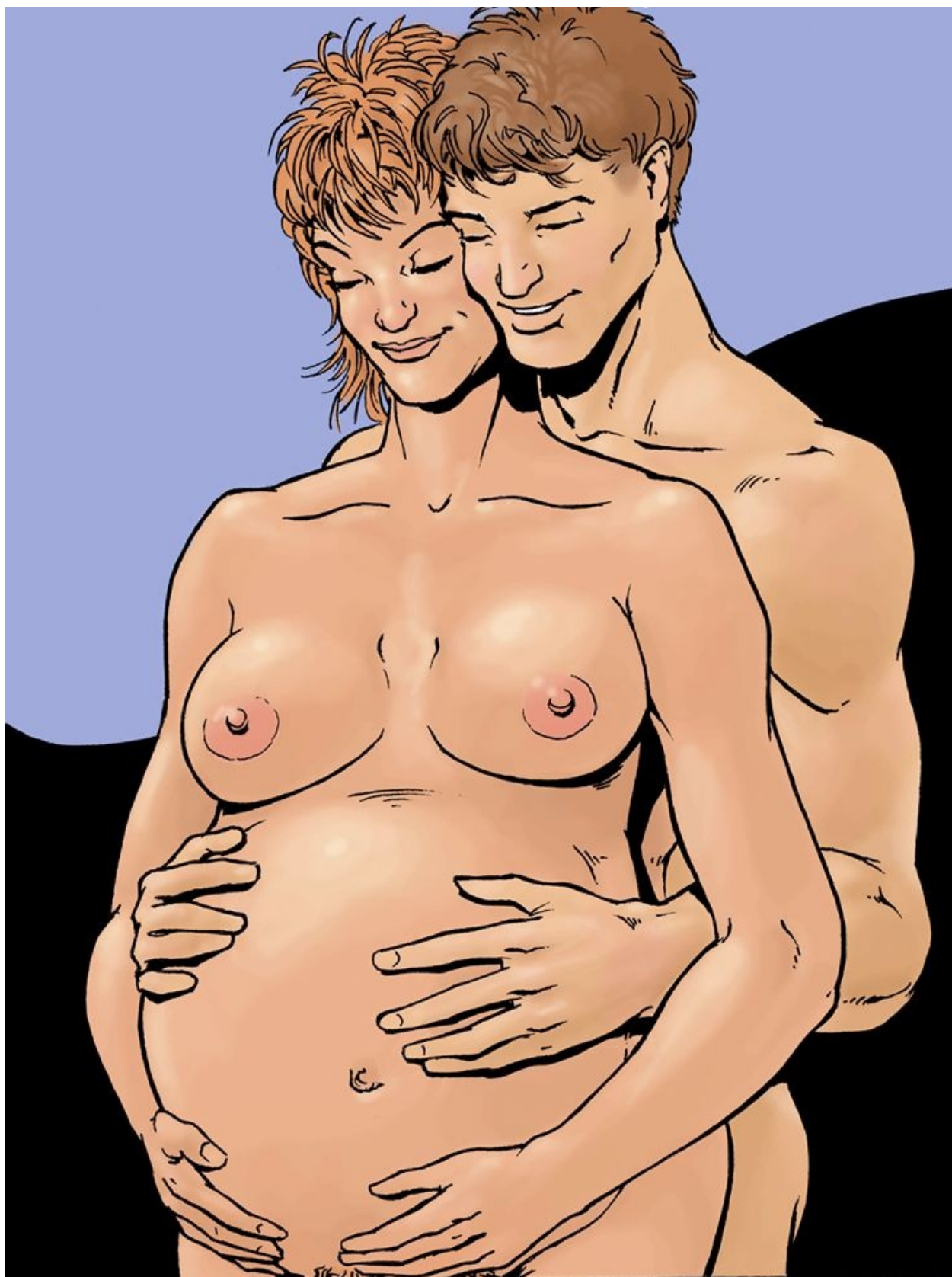
If your healthcare provider is one of the few remaining dinosaurs who doesn't believe that pregnant women should be having sex, get a second opinion. Most physicians feel that having sex during pregnancy is completely normal, unless there are specific reasons such as a prior history of miscarriages or premature labors, the placenta is attached near the cervix (placenta previa), your water has broken or there is bleeding of unknown origin.

If your physician gives a specific reason for why you shouldn't have sex, ask two more questions:

1. "How long should we not have sex—for the next few weeks, months, or for the entire pregnancy?" All too often, when a physician says, "No sex," the couple assumes this means for the entire pregnancy, when the intent was "No sex for the next couple of weeks." If you were to ask the same question in a month, the physician might say, "It was just a precaution. Based on how well you are doing now, I see no reason why you shouldn't have sex."

2. "Does 'no sex' just mean intercourse, or does it include all sexual contact?" If intercourse poses a concern, is it okay to have orgasms orally or by masturbating? If all orgasms are a potential problem, ask if you can still have intercourse as long as you don't have an orgasm. For some women, this would

be a cruel compromise, while others might welcome the extra intimacy that intercourse allows, orgasm or not.



Urge Surge — The Mood Swing

Some women stay pretty even throughout their pregnancies, while others push the mental envelope. A feature of pregnancy-related moodiness can be the intensity of the mood and the amplitude of its swing. Some pregnant women who are horny feel so intensely horny that they find it hard to think about much but sex. They pounce on the dad-to-be the second he walks through the door. The intensity can be so great that some men feel a bit overwhelmed, while others seize the moment. Other pregnant women don't feel like having sex at all, and some might feel horny one moment and weepy the next. Also, a pregnant woman has the potential to feel hurt by comments that few women in their nonpregnant right minds would find offensive.

For the woman whose moods fluctuate, there might be moments when she blames the dad for her condition and other times when she feels elated about being pregnant and is ecstatic to know and love the guy who got her that way. Also, it is normal for a pregnant woman to feel moments of depression alternating with feelings of elation, and to have dreams of her child being a perfect baby as well as fears of it being handicapped.

Much has been said about the disruptive effects of hormonal changes on a pregnant woman's mood, and this might be true. On the other hand, oxytocin levels rise throughout pregnancy, and oxytocin is said to make for better moods in some situations. It also causes contractions of the uterus which may help to prepare the woman's body for labor. It is thought to be involved in a woman's orgasms whether she is pregnant or not.

Beautiful or Gross?

How you feel about yourself can be an important factor in determining whether you want to have sex. Some pregnant women look in the mirror and feel fat. Others feel they have never been more beautiful. Most women who are pregnant fall somewhere between these two extremes.

No matter how a woman feels about her pregnant self, it never hurts for her to receive loving reassurance from her partner. While a hard penis and a willing heart might be physical evidence that a man finds the mother of his child to be desirable, loving words and romantic gestures speak to a different part of her soul. Do your best to always be available if not always near.

One of the common disconnects between partners during pregnancy occurs when the dad won't ask the woman for sex—not because he doesn't find her attractive, but because he doesn't want to make her feel like she has to say yes. She, on the other hand, might interpret his lack of asking for sex as an indication that he doesn't find her to be sexy or attractive.

One of the better ways to handle this is for the couple to have an agreement that she will be perfectly comfortable telling him no if she doesn't feel like it. That will give him permission to plead and beg for sex as usual without having to worry that he is imposing on her: no harm, no foul.

The Fearless Factor

One of the nice things about being pregnant is not having to worry about getting pregnant. You can keep the condoms in the bottom drawer or forget about taking pills each day. This can make sex during pregnancy more relaxed and easy to enjoy. If pregnancy is what you wanted, there's no more "We have to do it now because my most fertile three-and-a-half minutes during the next quarter of a century is about to pass." Even if you didn't plan on getting pregnant, the fact that you can't get pregnant again for nine more months allows some couples to relax and enjoy sex in ways that they might not when consequences are a concern.

Sexually Transmitted Infection Alert! Women can get sexually transmitted infections while they are pregnant. So if you are with a new partner or are in a situation where it is possible that you might get a sexually transmitted infections, be sure to use condoms during intercourse.

Genital Swelling — Slip & Slide

Around the fourth month of pregnancy, most women's genitals begin to swell. And swell. And swell. This swelling can lead to full-time lubrication and can make some pregnant women feel very horny. The increased swelling is due to the growing vascular capacity in the pregnant woman's pelvis. As a result, her vulva often becomes a deeper color and her labia thicken.

Couples find that the added swelling may lead to a delightfully snug feeling during intercourse. Genital swelling during pregnancy can also up the intensity of the woman's orgasm.

Orgasms during Pregnancy

Some women have no interest in sex or orgasms when they are pregnant. Others not only want orgasms, but report coming in awe-inspiring bursts that are more intense than their most memorable pre-pregnant efforts. Sex during pregnancy can also present a slight contradiction: even if she is more easily aroused and her orgasms are more intense, she might take longer to reach orgasm. The payoff is usually worth the extra effort.

One reason for having whopper orgasms during pregnancy might be the increased level of engorgement in the abdomen. With all the extra blood, her uterus stays hard for a few minutes after orgasm. As a result, a woman who had single orgasms before pregnancy may experience two or more at a time while pregnant. But by the end of the pregnancy, some women find that the swelling in their genitals causes a congested feeling that makes orgasms feel more frustrating than relieving. Uterine contractions might also be contributing to the discomfort.

Male ejaculate contains prostaglandins, and some types of prostaglandins cause uterine contractions. However, studies show that neither intercourse nor male ejaculate induce labor. There is nothing about intercourse, oral sex or male ejaculate that will move your date up or cause you to go into labor. If you have concerns, be sure to consult with your healthcare provider.

It is normal for a pregnant woman to have cramps or Braxton-Hicks contractions either before or after orgasm. These cramps can last for a half-hour or more. Some healthcare professionals believe that these cramps help improve the muscle tone in a pregnant woman's uterus. If the cramping becomes too uncomfortable, you can eliminate one possible cause by using a condom during intercourse or by having the man pull out before he is about to come. See if this makes any difference over a couple of weeks. Another approach that may help relieve cramping is for the woman's partner to give her a loving foot massage or back rub.

Another unexpected source of orgasms during pregnancy may be the prolific array of sex dreams that some women report having: "Never had one before, never had one after, but had a large number of sexual dreams during."

Breasts: Tenderness, Expansion & Leakage

Breast tenderness can happen in any phase of the pregnancy, especially during the first trimester. Breasts which used to cherish firm handling might suddenly prefer a light kiss, caress, or no stimulation at all. Some breasts that are painfully tender during the first trimester morph into pleasure zones during the second trimester. Changes like these make it important for pregnant couples to have frequent discussions about “what feels good this week.”

It is normal for the breasts of a nonpregnant woman to swell when she is sexually aroused. However, when a woman becomes pregnant, her breasts may remain swollen all the time. As a result, she may get swelling on top of swelling when she is sexually excited. This might feel painful, or it may feel wonderful, depending on the woman and the stage of her pregnancy. Also, dietary salt might contribute to the swelling.

For some couples, breast tenderness will make the missionary position a thing of the past long before expansion of the abdomen does. Another problem or delight, depending on your point of view, might occur if the woman’s breasts start to leak during the latter part of pregnancy. This is perfectly natural and is simply a preview of what’s to come. Also, some pregnant women become highly territorial about their breasts in the name of the baby, while others are fine to share the wealth with their adult partner.

Bladder Matters

One of the biggest concerns that women have about sex during pregnancy and for up to six months after is about bladder leakage. It's one of the reasons why they don't have sex—because they are afraid of leaking while sexually excited. If this is a concern for you, then it might help to have a conversation with your partner about it, and with your healthcare provider.

Most men won't give a rip if their pregnant partner pees during sex. Many guys know that they'd be leaking if they had a baby using their bladder for a trampoline. So the solution for most couples is to put extra towels down and to get a pee-proof mattress-pad cover. Unlike the loud crinkly covers of old, you can't even tell the new ones are there.

What's unexpected for many women is when their bladders continue to leak after delivery. This is not unusual, and it's important to talk to your healthcare provider about it. That's because things can usually be done to help. (Kegel exercises can be helpful for a lot of women with this problem, however getting women to do them regularly can be a challenge, according to our obstetrical consultant.) Most guys are smart enough to understand that growing a baby inside of your body can require substantial recovery time. They're not going to begrudge you some pee when they are relieved it was your abdomen and not theirs that was the baby's rumpus room for nearly ten months.

Intercourse Concerns Part 1 — Fetal Concussions

It is not uncommon for couples to worry that during intercourse, the head of dad's thrusting penis is going to bop junior on the fetal noggin and knock him senseless. Fortunately, the fetus sits in a sac filled with a fluid that absorbs shocks and provides superb protection. To make it as far as the fetus, a dad's penis would have to get through the mom's cervix and uterine walls. So regular sex should be fine, but hold off on rough sex until after the pregnancy and all is healed.

An important consideration during intercourse is to find positions and thrusting styles that feel good for the mom-to-be and her swollen reproductive organs. If it feels good for the mom, chances are the baby will be fine. As for squirting the baby in the eye with dad's ejaculate, the uterus is sealed off by a mucus plug that is like the cork in a bottle of wine. The amniotic sac provides a secondary barrier that helps keep the ejaculate at bay.

Intercourse Concerns Part 2 —The Baby Will See Us

The human fetus is not taking notes and won't be emotionally scarred by most of the things you feel or do during pregnancy, even if you listen to rock'n'roll instead of classical music, although all bets are off for Screamo, and the last thing you want to do is drink, smoke or take drugs —any of which can compromise the infant's developing brain.

Fortunately, the fetal brain is not a miniature of the adult brain. Its memory units (neurons) are hardly functional at birth. There is not enough developed brain structure for the fetus to say, "Mom and Dad are having sex and isn't that disgusting" or on a more positive note, "Mom and Dad are having sex, isn't that wonderful!"

Sexy Lingerie for Pregnant Moms?

Sex doesn't stop being an expression of love and intimacy because a baby is on the way. Yet we are often given the feeling that pregnant moms are supposed to be more interested in what color to paint the baby's room than in sex or wondering what the new guy at the office looks like naked. Pregnant moms can feel sexy, and some moms and dads find pregnancy to be sexually exciting. For some pregnant women, nature turns up the horny knob instead of turning it down.

Intercourse during Pregnancy

Some pregnant women cherish the feeling of having both the baby and the baby's father inside of them at the same time. Others feel like there's a crowd. Dads, too, have their own issues about sex during pregnancy, some of which are discussed later in this chapter. If you feel like having intercourse while pregnant, it's important to have a shared sense of humor and a willingness to explore. Here are some particulars:

Clothes On Some couples who are trying new positions do so first with their clothes on. This helps them focus their collective energies on the engineering feat at hand, and it allows them to appreciate the humor of the situation without having to worry about feelings of urgency or declining erections. There's always time to get naked and go for it once the target positions have been mapped out and a strategy is planned.

Penetration Some pregnant women have a desire for penetration that's deep and assertive, while others prefer an approach that is more gentle. Talk it over. Different phases of pregnancy may require different styles of penetration as the pregnant pelvis becomes more crowded. Also, the swelling of the cervix and uterus can make certain types of intercourse uncomfortable. Let the woman control the thrusting depth, and if this cramps your style, be mindful that there are plenty of dads-to-be who aren't getting any at all.

Lubrication Some women seem to lubricate all the time when they are pregnant. However, there are plenty of exceptions. If that's the case for you, you might try adding lube.

Dizziness Some pregnant women experience dizziness or indigestion in certain positions or during some phases of the pregnancy. This can be particularly true when a woman is on her back. Doing it on her side, on all fours, or while on top might suit her better.

Romancing the Cervix The cervix of a pregnant woman often swells due to the extra blood flow. It becomes soft, and can sometimes bleed with deep penetration. Try shallower thrusting or use positions where the head of the penis romances the cervix more gently. This may be especially wise during the later months of pregnancy when the cervix starts to ripen. If you have questions or if

there is any bleeding, consult with your physician.

Third-Trimester Stretch By the third trimester, the cartilage in the pelvic region has had months of pregnancy-related hormones thrown at it. It becomes softer as part of nature's conspiracy—uh, plan—to ready the pelvic floor for the joys of childbirth. As a result, a woman may find that pressure on her pubic bone feels weird. Couples must be creative in their search for comfortable intercourse positions.

Too Much Swelling For some women, genital swelling may increase to a point where intercourse feels uncomfortable, while for others the desire for intercourse never wanes. Experimenting with positions where the woman has her legs apart might help. Be prepared to shift positions often.

Backaches & All Fours With the muscles between her ribs being slowly pried apart and her pelvic floor feeling trampled on, the pregnant female has been known to suffer an occasional backache. Some women find the rocking motion of intercourse, while on all fours, can help soothe pregnancy-related backaches. It can also soothe the throbbing between her partner's legs.



The Penile Vice (Or Vise) Grip

Some healthcare professionals think it's good for a pregnant woman to tone and exercise the muscles in her pelvic floor by doing Kegel exercises. What better way to accomplish this than by having a man insert his penis into your vagina and keeping it stationary while you squeeze it with your pelvic muscles? Be sure to fully release your grip and totally relax your pelvic muscles before repeating. Most guys would be more than happy to lend a helping penis. This is an exercise you might keep doing after the baby is born to strengthen your pelvic floor muscles and to possibly help prevent urinary stress incontinence.

When to Stop

Most physicians say it's okay to keep having intercourse until your water breaks. Some couples have intercourse until labor itself begins. There are at least four factors which should influence you on when to stop having intercourse: 1. It doesn't feel good any longer. 2. Either partner has a genital infection. 3. The woman experiences bleeding or new discharge. 4. Your healthcare provider says to stop.

Oral Sex

There is nothing about receiving oral sex during pregnancy that will endanger the baby and there are no medical reasons to stop giving or receiving oral sex during pregnancy unless the woman is at risk due to other causes. The one thing a partner should never do is to make a seal around a woman's vulva with his lips and blow into it like it's a balloon.

Nipple and Perineal Massage

One of the nice things about being pregnant is that when the dad-to-be is complaining about the things he usually complains about, you have the perfect excuse to say, “Shut up and rub my nipples!” That’s because as the final months of pregnancy approach, it might be helpful for a woman to have two areas on her body massaged (her nipples and perineum), or three areas if you count each nipple as having its own private domain.

Put lotion on each nipple and massage and knead it, assuming it isn’t too painful. This will help condition the nipples for nursing, and it may also help release extra oxytocin into the system, which seems to be a good thing as the due date approaches.

As for the perineum, it is the space between a woman’s vagina and rectum. Massaging this area helps to make it more pliable and could possibly reduce the need for an episiotomy. Talk to your doula, midwife or obstetrician about ways of massing the perineum and base of the vagina.

Bleeding

During the first couple of months of pregnancy, bleeding may occur during the time when you would normally have your period. This is usually less reason for concern than bleeding that is random. Check with your physician when there is any bleeding, just to be on the safe side.

Touch and Masturbation vs. Partner Sex

Some women may experience a decreased desire for sex with a partner during pregnancy, but an increased need to masturbate or to receive more touch and cuddling. This can be difficult for the dad-to-be, because the cuddling and touching might make him feel extremely horny. To help him make it through these lean times sexually, his pregnant partner can cuddle beside him and caress his thighs, chest or testicles while he does himself by hand. Or he can do what guys do—masturbate in the shower.

Besides being an important time for holding and touching, pregnancy is a time for partners to reassure one another about their feelings of love and attraction, hopefully for each other.

Fears That Bubble Up from The Deep Dark Recesses of the Psyche

Contrary to how you think you should be feeling, it is not uncommon for perfectly good parents-to-be to have mixed feelings about the baby-to-be.

For instance, you may have planned for years to have this baby and wanted it with the deepest of convictions, but then suddenly start feeling, “Good God, what have we done?” Feelings like these can be fleeting or last for weeks. One reader says that both he and his wife were shocked to discover such feelings, given their pregnancy was better planned than most shuttle launches. Fortunately, they did not experience their bumner moods at the same time. The one who was feeling good about the pregnancy was able to comfort the one who was feeling tragic.

Feelings can be especially intense during pregnancy and just after, when so many new demands are placed on you. These are not the sort of feelings that make us want to have sex. It can be very helpful to talk over these conflicts with a friend, partner or even a counselor if you are feeling particularly depleted by them. One reader adds: “Worries about child care, job security, and having to go back to work after only six weeks can be overwhelming.”

Once the baby is born, it’s not unusual for parents to feel intensely protective in ways that might leave less time or energy for sex. These feelings are true for more than just humans. (I nearly met an early end when I had to take a dehydrated two-day old calf from its mom. Anyone who thinks maternal feelings don’t cut across species should have seen the look of murder in that mother-cow’s eyes.)

Recognizing Dad's Role

During pregnancy, attention usually focuses on the mom-to-be, which is as it should be. But this is also an important time for the pregnant woman to acknowledge the dad-to-be's role. Issues can occur when the woman feels that the baby is her creation alone. This can lead to problems in the relationship between father and child, as well as between the parents.

Dad's Emotional & Sexual Issues during Pregnancy

There are plenty of books devoted to the feelings that pregnant moms experience. Yet dads-to-be experience their own pregnancy-related emotions. According to researcher James Herzog, dads-to-be often fall into two groups: *more attuned* and *less attuned*. The pregnancy spurs the first group of dads onto a path of personal growth, while the latter group feels threatened by the pregnancy and is not particularly fortified by it.

An important factor that impacts how a man responds to his wife's pregnancy is the influence of his own father or father substitutes. Herzog noticed that during the second and third trimesters of pregnancy, a number of pregnant dads turned to their own fathers in an attempt to reconnect with them. They felt that reconnecting with the "good dad" from their early childhood would help them be better dads to their own children. Men in the less-attuned group tended to experience a high degree of "father hunger." This resulted from having grown up without an involved and caring father figure. These men tended to act in unsupportive ways, such as becoming competitive with their wives or being sexually promiscuous; some had sex with other men.

If you find yourself feeling unsupportive or disconnected from your pregnant wife, it might be a good idea to spend extra time with a friend or acquaintance whose fathering skills you admire. Tell him you are feeling on shaky ground; ask him how he manages as a dad when he's feeling uncertain or overwhelmed.

Other things that Herzog found about pregnant dads:

The Right Stuff Upon learning of the pregnancy, a number of dads-to-be feel good about themselves in a masculine and sexual way. The fact of the pregnancy may help allay fears that they didn't have the right stuff to make a pregnancy happen. With the excitement of being pregnant, a number of couples enjoy sex that is particularly intense and intimate, as though sex now has a different meaning.

Nourishment As the pregnancy progresses, some men feel as if they are nourishing or symbolically feeding their wives during intercourse, especially when they come inside of them. On some level, the dad-to-be might view his semen as a kind of milk that will help nurture both mother and infant.

Coming Harder Some men report feeling more depth to their orgasms when their partners are pregnant, with more physical and emotional awareness both before and after ejaculation. At the same time, the dad-to-be might be rethinking who he is; he is a man whose personal identity is expanding. At times, this can be exhilarating, at other times, frightening.

Dreams etc. There are plenty of ways that dads unconsciously identify with a pregnant spouse or wonder about what's going on inside of her. By mid-pregnancy, some fathers experience dreams or fantasies about being penetrated as well as being the one who penetrates. Some start to wonder more about their own inner body parts. Some put on extra weight or feel a kind of gastric fullness or upset. Some men have toothaches during this time that land them in the dentist's office. When a man has a toothache of an undetermined origin, wise dentists know to inquire if the man's wife is pregnant.

Character Evolution Being a dad-to-be can help a man shed unwanted or outdated parts of his character. The pregnancy becomes an excuse and a stimulus to mature and become more responsible. Unfortunately, not all men use pregnancy in such a constructive way, nor do all women.

Sex after Giving Birth

Some parents experience the first three to six months after the child's birth as being the most demanding and difficult time of their lives. They might not feel like having sex, or if they do, they might be too exhausted to actually do it. Other couples enjoy sneaking in quickies while the baby sleeps.

There are important considerations that affect the frequency of sex among new parents, like whether dad does his fair share of the work around the house and whether mom welcomes his help or is nervous and critical when he gets near the baby. Also, there are plenty of ways a parent can be helpful other than with actual hands-on baby care. In a few months, the baby may have grown enough that you feel more comfortable handling it.

Even with the best intention and desire, there will be plenty of times when new moms and dads are too exhausted for sex, especially if there are other children in the family besides the baby. Keep in mind that many couples struggle when it comes to adapting to their new roles as sexual partners who are parents.

Body Image & Sexual Desire

A concern that some women report during the first six months after pregnancy is feeling bad about how their body looks. Along with bladder control issues and pain during sex, this is one of the reasons why some women don't want to have sex after the baby is born. Hopefully, both partners can talk about this, and a male partner's reassurance will be enough to make it a non-issue.

Hormones & Libido

Some women don't feel like having sex after pregnancy due to a surge in certain hormones. And women who are nursing are said to produce more anti-sex hormones than women who are bottle feeding, yet statistics show that nursing mothers want sex more often than those who don't nurse.

Talking about Sex Before the Baby Is Born

Some of the best advice this book has to offer is that you talk about sex you'll be having after the baby is born before the baby is born. For instance, "I've heard some new parents don't feel like having sex for a few months after giving birth. What are some of the ways we might handle it if this happens to one or both of us?" Or "What do we do if you've got a raging hard-on and want intercourse, but I only want to be held, cuddled or left alone?" Or "What if I want sex but you start seeing me as a mother type and don't find me exciting?"

One of the worst things you can do about sex after pregnancy is to pretend it is not a problem if it actually is. Nothing is to be gained by rolling over and pretending you are asleep to avoid having sex, by getting defensive, or by feeling attacked. As with other aspects of your relationship, this is a time to redefine and put things in a new perspective. Where sex was once taken for granted, it now needs to be planned or scheduled. There will be many times when sexual desire is a casualty to exhaustion. At least for a while, you will end up masturbating more often to help fill the gap in partner sex.

When Can We Start Having Intercourse?

It takes time for the place where the placenta was attached in a woman's body to heal. Until it heals, the woman is going to be vulnerable to infections. This is why it might not be such a good idea for male ejaculate and store-bought lube to be working their way up there. Also, it might take a couple of weeks for the vagina to heal after it's been stretched from here to China. Some physicians worry that intercourse before the vagina is healed can cause scar tissue to build. This is why many physicians feel it is wise to wait at least a few weeks after birth before you start doing the nasty. This is particularly true if the woman had an episiotomy, with stitches that need to heal. Don't even think about intercourse after a C-section until the doctor waves the checkered flag.

Birth Control

Be sure to stock up on birth-control products before the baby is born. Do not leave this important detail for after the birth, as you will have your hands full dealing with other things and are likely to let it slip. It is not fair to you or the new baby to have a repeat pregnancy sooner than you want.

IUDs are some of the best and most hassle free methods of birth control. Talk to your gynecologist or call Planned Parenthood to see how soon after giving birth you can have an IUD installed.

Nursing a baby during the first six months can confer a very high level of protection against pregnancy. This is called LAM or Lactational Amenorrhea Method. The mom must breastfeed at least every four hours and she must not substitute any other food. This assumes she has not had a period since giving birth. Please learn more about this before relying upon it.

Lubricated condoms and condoms with contraceptive chemicals can irritate tender vaginal tissues, but your own saliva should be fine. If dryness or irritation are problems, check with your obstetrician's office for advice.

Episiotomy Repairs and the “Husband’s Stitch”

Episiotomy repairs are often turned over to the least experienced medical residents, when doing it correctly requires a high level of experience and skill. You might discuss this ahead of time with your obstetrician in case you end up having an episiotomy or tearing. The reason this is so important to the future of your sex life is that the area at the bottom of the vagina is the part that stretches during intercourse. This is also where the episiotomy is made or where tearing will occur. A mass of scar tissue or a badly done repair can keep the vagina from stretching naturally during intercourse. This can lead to unnecessary pain.

Also, some old-school physicians might do a “husband’s stitch” when sewing a woman up after delivery. This is essentially a tuck that’s done at the opening of the vagina. The physician assumes it will make intercourse feel better for the husband. While the sentiment might be nice, the “husband’s stitch” is better used in upholstery shops than on women’s genitals. Tightening the entrance to the vagina makes the opening smaller and is liable to make intercourse feel painful for the woman. If a woman is concerned about vaginal tone following pregnancy, she would do better to practice Kegel exercises, which, when done correctly, can help to tighten the entire vagina rather than making the opening more difficult to get into. Please discuss this with your midwife or healthcare provider.

Painful Intercourse after The Baby Is Born?

You may need to work your way up to intercourse. If time permits, you might try taking showers or baths together and sharing a beer or glass of wine beforehand. It never hurts to have an extra tube of lube on the night stand. Some women who have never had a problem getting wet need extra lube after giving birth. For other women, it can be the opposite.

Designated Night Out

Once the baby is three months old, you might be wise to plan at least one evening a week where you and your spouse go out together for a couple of hours. There are different ways to engineer this. Willing grandparents are often at the top on the list. For instance, every Wednesday night they get the baby and you get each other. If grandparents aren't an option and a baby-sitter is either too hard to find or too expensive, call couples from your Lamaze class or find other parents with young babies and arrange to co-op the baby-sitting; *e.g.* they take yours every Tuesday, and you take theirs every Thursday.

Children can often sense when something important is missing in their parents' relationship. If there is a lack of intimacy among their parents, they can suffer almost as much as the parents. Do not make the mistake of focusing all your energy on being parents and no energy on being lovers. By the time you notice something is wrong with your relationship, it may be difficult to repair.

Readers' Comments

"I had no sexual desire at all." *female age 36*

"I wanted sex more, and felt more free." *female age 44*

"I was extremely horny during my pregnancy and I felt very sexy until the last month or two." *female age 26*

"I was constantly horny when I wasn't nauseous." *female age 35*

"I viewed her expanding body as just more to love, hold & caress." *male age 41*

"Intercourse can hurt toward 39-40 weeks when the baby's head is lower. Sometimes foreplay was just as satisfying." *female age 25*

"I was more horny than anything. Because of the pregnancy, we needed to start using new positions. Some worked so well that we are still using them today." *female age 25*

"We didn't do anything different, except we didn't have to use rubbers. Yea!" *female age 38*

“Don’t worry about the baby. If it is firmly implanted, no orgasm will dislodge it.” *female age 35*

“If anything, I admired her more for being able to ‘do’ a pregnancy. It’s a real turn-on to feel an essential part of one.” *male age 43*

“Sex felt extremely good and multiple orgasms happened all the time. They would sneak up on me. Things would feel good and if I concentrated hard I could have another and another.” *female age 26*

“My wife seemed to be more lubricated, which was great. She seemed more relaxed also.” *male age 38*

“Be gentle, be considerate, encourage her to lead. As for sex after the baby’s born, that depends on whether she’s in a private room or not.” *male age 40*

Sex after the kids are born?

“Sex after the kids are born? Baby-sitters, movies for kids, grandmother’s house and motel rooms...” *male age 44*

“Lock the door, turn the music up, and put on *The Lion King*.” *male age 39*

“When you’ve got kids, bedtime is the most convenient time for sex, but it’s not always the most exciting time for me. If I wake up early and am horny, I wake my husband up, which is something he loves, to have sex when he’s just waking up.” *female age 45*

“You have to make it clear they can’t interrupt. Sometimes I’m very up front with what we are doing and she knows not to come in.” *female age 25*

Recommended:

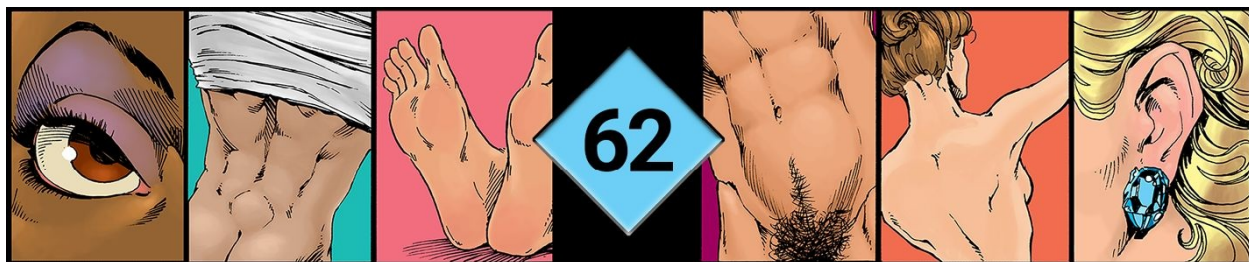
Love in the Time of Colic by Ian Kerner and Heidi Raykeil, Collins Living. An excellent place to begin for new parents who are having trouble getting back into the sexual swing of things.

After the Stork: The Couple’s Guide to Preventing and Overcoming Postpartum Depression by Sara Rosenquist, Ph.D., New Harbinger Publications, Any mom or dad struggling with depression after the birth of a child will find

helpful information in this book.

Nina Hartley's Guide to Great Sex during Pregnancy. Pregnant Porn? Trust Nina Hartley to create one of porn's more intelligent and helpful videos.

A big bundle of thanks to Rachel Pauls, MD, FACOG, Urogynecologist and Director, Center for Female Sexual Health at Good Sam in Cincinnati.



Sex in the Military

“Things the military could do to help sex be better? Make the damn uniforms easier to get out of!” —female age 19

It's not like soldiers leave their sex drives in their home towns. But providing helpful information about sexuality for new recruits is not always a priority of the military. Since the military does not publish reports on the sexual practices of its members, we have put this information together based on clandestine reports from the field. Hopefully, this chapter's intelligence is better than that of some governmental agencies.

The Uniform Code of Military Justice prohibits displays of physical affection while you are in uniform. The defense that you were naked and not in uniform while having sex is probably not going to wash. The UCMJ prohibits sex in barracks and sex between people of different ranks. It also prohibits sodomy, which is defined to include oral sex. If that isn't a recipe for “boring,” it's hard to know what is. It also could be a bit delusional on the part of the UCMJ.

While there are some fascinating aspects to sex in the military, it is really just a cross-section of sex any place where Americans are gathered. So if you are looking for a bizarre expose, you're in for disappointment. But there are some interesting dimensions to sex in the military, especially if you are a female G.I. who likes her men well armed and ready to engage.

The “Guide To Getting It On” Recruiting for the Military?

Before we get started on the cultural and sociological aspects of sexuality in the Armed Forces, consider the following observations from two khaki-wearing philosophers:

“Believe me, it’s the women in the military that are sex mad, but nobody complains or calls them sluts, because we would all do the same in their situation.” *male age 25*

“I mean it’s usually five females living in a building with 100 horny males. The girls pretty much pick who they want to sleep with that night.” *male age 23*

If you are a woman who really likes sex and you decide to go to college, there will be around 60 women for every 40 males, some of whom are in good physical shape. For women in the military, there are 85 males for every 15 women. Plus, if you want to have sex with Uncle Sam’s finest, you don’t have to worry about getting a reputation as long as you make efforts to be discrete about it. It’s not like it’s going to follow you 200 soldiers later when you settle down in civilian life and marry the minister from the First Church of Christ. What happens in the military usually stays in the military.

Before the women in the military who are monogamous launch a strike on the offices of Goofy Foot Press, everyone knows that at least half of the women in the military are true-blue and not interested in sleeping around—which ups the odds for the rest of you to 7.5 women for every 100 men. Consider the following words of advice from a reader who knows:

“For new females—have fun! I was so eager to be the good airman, obey all the rules, etc., that for my first few years I didn’t have a lot of fun with the unique situations we can get into. Most of the people you will know will be young men in good physical shape. Take advantage!!!”

female age 25

As for a man’s chances of having sex in the military, these sentiments from two experienced soldiers echo what we heard time and again:

“I thought being in the military would be like taking a vow of celibacy.

However, it turned out there were good opportunities.” *male age 25*

“Coming from a smaller town in Iowa I was a little shocked how others showed no concern that someone was married.” *male age 37*

Some of the opportunities include civilian women who find the words “base adjacent” and “available men” to be music to their ears. There is seldom a scarcity of available civilian women near military bases. Opportunities also abound in ports of call in Europe and Asia, although in Muslim countries the sex is mostly on base between members of the military, with some prostitution being available if you look hard enough.

As for the willingness of military wives to offer comfort to needy soldiers while their husbands are deployed, some do and some don’t. For some military wives, it’s not unusual to share tender moments with each other rather than with other men while their husbands are away. However, the wives of officers may be held to a different standard than the wives of enlisted men.

The Culture

Sex in the military is a mirror of sex any place else where Americans live and work. However, there are a few complexities that help define sex in the military as different.

There is the never knowing when you will be put in harm's way—but always expecting it and always training for it. This can contribute to a sense of fatalism or cynicism within the culture of the military, or a *devil may care* attitude when it comes to what you do in your free time.

There's also the emphasis on the body and its abilities, the impact of group living, and constantly being moved from one base to another. This can make for a climate where the sex is catch as catch can. And soldiers are frequently immersed in cultures where sex is perceived differently than it is here. In foreign lands, sexual economies often thrive around military bases. Even here in the states, different bases have different sexual cultures.

These are just some of the factors that help give sex in the military its very own and sometimes unique perspective.

Short Tour vs. Long Tour

“My sister, who is also in the service is married to a serviceman. She recently returned from a TDY (temporary duty) assignment, and while there, engaged in an extramarital affair with another married serviceman. These things happen a lot.” *female age 25*

Deployments in the military are often categorized as “short tour” or “long tour.” If you are married and you are on a long tour, they will often move your family with you. If it’s a short tour (under a year), your family usually stays behind. There are plenty of exceptions, especially if you are going into combat.

The Impact of Your Status

“The base where I received the bulk of my training after basic, Sheppard, is where most of the people are young, first time away from home, and have just undergone an enormous life-changing experience. There’s a sudden freedom after basic training. Everyone’s hormones are raging. One piece of common wisdom is, ‘Don’t get married at tech school!’ I guess that’s because lots of people jump the gun. There are lots of random hookups, some racy stuff going on at the dance clubs, and lots of alcohol. Another base I spent some time at recently, in Florida, has a greater population of ‘adult’ service members, so there’s less of a panicky, gotta-have-it-now attitude.” *female age 25*

Members of the armed forces usually fall into two groups: first termers, and lifers:

First termers are often younger and unmarried. They usually have high sex drives and they are eager to be accepted into the military’s macho culture.

Lifers are a different story. They have made the military a career and they have often sampled many different customs and cultures. Lifers tend to be married and have families, but it is also not unusual for them to spend a good deal of time away from home.

Social & Economic Class Distinctions–The Dangers of Sex between Ranks

Since there is currently no draft, there is little equity in the military. Enlisted people are almost all from the middle class and below, while commissioned officers tend to be from the middle class and above.

In addition to the political and economic divisions within the armed forces, there are strictly-enforced prohibitions regarding fraternization among the ranks. People in the military who marry other military people are expected to be in the same or a similar rank. It is a violation of the *Uniform Code of Military Justice* to even socialize with someone not in or close to your own rank. Good luck trying to explain away that little affair between a lieutenant and a private, or a colonel and junior commissioned officer.

No matter how hot that first-class private is, a commissioned officer can get him-or herself into big trouble for fraternizing when their uniforms are on the floor.

Threesomes, Open Marriage & Polyamory – Beware

There are probably as many threesomes, open marriages and polyamorous relationships in the military as anywhere else, if not more. The difference in the military is they are often a violation of the Uniform Code of Military Justice. This wouldn't be a problem if no one was ever reported, but our boots on the ground sex consultant suggests that if you are going to add a third to the mix, make it someone who lives off base and is not in the military. She has seen instances of women soldiers reporting other women soldiers out of jealousy, anger, spite, or an attempt to derail the other woman's career. (Of the reports she knows about, it has been women who report other women; she's not aware of instances where men report women or other men.)

So when it comes to threesomes or enjoying less traditional sleeping arrangements, please keep the UCMJ in mind. Do what you can to minimize potential career derailments. While finding a civilian third won't guarantee UCMJ immunity, it can lower the chances of UCMJ nastiness.

Women in the Military

“A female private and myself were going through an abandoned building and on the middle floor she just went crazy and started sucking me off like there was no tomorrow. She even answered her radio in the middle of it then carried on.” *male age 26*

“With my coworkers, sex is not an issue—I’m a woman working a job which is, even now, pretty much a ‘man’s job.’ I have a very non-sexual relationship with the boys in my shop. I think it surprises them when I wear civilian clothes and they remember that I’m a real girl. However, I do feel like the females are a bit of a commodity. I know several women who take advantage of the situation and live it up with all the partners they want, and others who are from conservative families/areas who wouldn’t dream of it.” *female age 25*

Like working women in the civilian world, women in the military often change personas between home and when on duty. Some have said that their military persona is more masculine and aggressive, while their civilian persona can be more relaxed or feminine.

In the past, sexual harassment has been prominent. It still is. But it was even worse before because a woman who wanted to report someone had to report to the officer in charge. She couldn’t report to an independent person. The officer would seldom want to lose a good man, and would often ignore the charges.

In the last couple of years, reporting is through separate channels, and women’s complaints are being taken more seriously. As for the reality of reporting harassment, one female soldier says it will no longer get you demoted, but forget being promoted and forget being treated decently ever again. A female Marine in the Middle East who is quoted in Newsmax.com says, “You have two choices. You can keep your pants on and be miserable and be harassed, or you can take your pants off and you’ll still get harassed, but you’ll be a little less miserable.”

The military has recently begun to require special training regarding sexual harassment and coercion. There is no shortage of accounts that are SHARPLY critical of this program. They claim it is ineffective. They say its purpose is to

placate senators and congresswomen, as opposed to genuinely trying to prevent the sexual coercion of female soldiers.



Catching some rays at the FOB—and on patrol the next day.

Quid Pro Quo — Where Sexual Coercion Thrives in the Military

Perhaps the biggest area of sexual coercion of women and some men in the military is referred to as Quid Pro Quo. Quid Pro Quo invites sexual assault and coercion because a soldier who does not obey the wishes of a soldier in command or of higher rank will not be able to advance in the military. As for the fate of women in the military who report commanding officers for Quid Pro Quo-related sexual coercion? We'll get back to you on that one.

Male Soldiers As Victims of Rape

“Nobody wants to admit this, but the problem effects everyone, members of both genders, of all ranks.”

Few people realize that the majority of service members who are sexually assaulted each year are men, and that the physical and emotional consequences can be every bit as great for men as women. Male-on-male sexual assault is a substantial problem in the military, which is only just beginning to admit the problems it has with its women members being sexually coerced and raped.

The likelihood of male rape victims in the military reporting the crime is even less than the likelihood of a woman reporting that she's been raped. For starters, it is difficult for people in a hyper-masculine environment like the military to believe that a man can be raped by another man, and that the physical injuries suffered by men who are raped are often worse than those suffered by women who are victims of rape. So any man who says he has been sexually abused faces a tremendous uphill struggle to be believed. And the likelihood that the military will punish the perpetrator or group of perpetrators as opposed to inferring the victim is mentally unstable is often slim. So men who use sex to degrade or violently rape other men in the military often have carte blanche to do it again and again.

As one writer stated, if ISIS were capturing and raping male members of military, the country would be in arms. But when members of our own military are doing this on a daily basis, we often turn a blind eye.

Sex in Different Bases & Ports of Call

“Seemed to be a lot of screwing around going on overseas. Hell, when you are out to sea for 65+ days and come into port and see women offering sex for next to nothing, its hard not to. The Philippines was approximately \$5 bar fine for a gal all night. Treat her with respect and she’s yours the whole time you’re there. Singapore was easy to get laid. Any cab driver knew where the brothels were located. Be careful of street walkers as many of them were benny boys (transvestites). Hong Kong—ask cabbies. Perth, Australia. OHhhhh YES! Blonde hair blue eyed beauties whose parents encouraged the relationships (short or long term).” *male age 44*

“In Greenland it was an isolated base with only a hundred or so military people and some civilians. There was probably a higher amount of cheating there than most places because it was so remote. Not much to do but drink and screw.” *male age 48*

“For nearly a year in Iraq, I was under constant threat of death with my work, and I was rarely alone. I didn’t have sex at all when I was there.” *male age 37*

“In Washington, sex seemed more about starting a family, although I did more easily find sexually-deprived women there willing to forgo a relationship.” *male age 24*

“In ports of call, the official ‘off limits’ list was usually a liberty battle plan because the bars had the best booze and the whore houses had the best broads. Drinking on liberty was expected, getting drunk was a badge of honor, getting wasted to the point that you can’t remember where you were, what you did, who you did it to, nor how much it cost. There was honor in being a drunken whore monger.” *male age 58*

Saigon Vs. Baghdad—Your Granddad's War vs. the Middle East

While members of the military did have sex in Iraq and Afghanistan, it was often between male and female soldiers or interpreters, and not in the best of circumstances. This was different from Vietnam, where sex was often available in bars, hotels, and at “skivvy huts” which were often close to bases. “Skivvy huts” might have three or four beds next to each other in a 12-by-12 room. Local women would be having sex with soldiers who had their pants pulled down around their ankles. There was not much privacy.

Cultures: There was more neon in Saigon than Baghdad and Kabul, and opportunities for sex were everywhere. In the Middle East, sex outside of marriage is strictly forbidden for women and for a woman to sell herself for sex is unthinkable. It's unusual when a soldier would see the hair of a local woman let alone make serious eye contact, and maybe only while on a “knock and talk” and if none of the men were home.

The Military: During the war in Viet Nam, there was a draft. So the average soldier was single and somewhere between 18-and 22-years of age. In Iraq and Afghanistan, the make up of the troops was very different. Many had wives and children stateside. Many of the troops were National Guard or Reserves who tended to be older and married when compared to active duty Army or Marine Corps. Plus, today's military has a much higher percentage of females than was the case in Vietnam. There is more room for intra-armed forces fooling around.

Considering the age of the troops and the Muslim culture's attitude toward sex versus that of the Vietnamese, the respective conflicts were in different centuries in more ways than just figuratively.

Korea vs. Europe — The Moose Culture

There is a large military presence in Korea. Soldiers in Korea have traditionally moved off base and set up housekeeping in a one room “hooch” with a “Moose.” A Moose is a Korean woman who cooks, cleans and provides companionship, including sex. They are quite good at keeping their soldier smiling. It was not unusual for a soldier to marry his moose and bring her home to the US as his wife. Most bases in the Pacific and Asia have their own form of a “moose culture.” There might be some bases where the men in a military dorm pool their money and hire a group of mooses to take care of the men’s needs, including their sexual needs.

In Europe, prostitutes are plentiful and legal. Contacts can be made through night clubs, bars and online.

Sex in Home Bases with Spouses of Soldiers Who Are Deployed

“Couples were fooling around a lot on both ends. There were places you could go if you wanted to pick up someone’s wife.” *male age 24*

“There is one extreme or the other in the military. You either have sex on the casual or you really fall in love with them. Those I knew that wanted to stay together were completely faithful to each other and some even left the military together.” *male age 25*

“I had a lady friend during a remote assignment who was married to another AF member stationed elsewhere, and they seemed to have an understanding that going without sex for a long time apart wasn’t a reasonable expectation. Although she and I were never intimate, she made it plain that she was willing if I was. My only sexual encounters while apart from my wife were casual, with no expectations of a lasting relationship.” *male age 54*

“Most couples that I know usually ended in divorce or breaking up. I’m not sure that it was because of infidelity or not. But a lot of the women I slept with were married.” *male age 23*

While plenty of military people who answered the survey for this chapter say they remained true blue to their spouse or lover, there are plenty who didn’t. It’s not unheard of for married couples to have understandings that all is fair in love and war, or when deployed or on tour. Whether these understandings are spoken or merely understood varies with the people involved.

Masturbation

“Most guys after a while would pretty much talk about it openly. From what I gathered everyone was doing it in their bed (rack). It’s enclosed on all sides and pretty much offers the most privacy. The only other place I would masturbate is in the shower. Some masturbated in the places they worked at day to day (shops). Although it is tempting because of the access to a computer, I only did this once. A few people I’ve know over the years were really open about it. So open as to not stop if accidentally walked in on them. They would simply ask you to come back later.” *male age 24*

“I would masturbate late at night when the rest of the hooch was asleep, or in the showers. I don’t recall being aware of anyone else doing it, but the general attitude was everybody did it sometime.” *male age 44*

“My roommates and myself were usually pretty good friends and we knew each other rather well. If one of us had to beat off we would usually just ask the other person to leave for awhile or to take their time at the store or wherever they were at the time. Or you just take a walk to the bathroom and stroke it in the stall.” *male age 23*

“I did it very quietly. We had curtains on our bunks but you could usually tell when someone was solo pleasuring. You didn’t say anything as everyone did it and you wouldn’t like it if things were said about you.” *male age 44*

E.M.H.O.s or Early Morning Hard Ons

“I don’t recall any incidents where a morning erection became an issue. We joked about it a lot when coming to the end of midnight shifts. Morning erections aren’t just for people waking up, there’s something about dawn that seems to bring them on!” *male age 54*

Not a single man in our surveys said that early morning erections were a concern. Some said everyone had them, it was a normal part of being a guy, and no big deal. Another said he suspected the military was putting something in the food to decrease early morning erections during basic training, because he doesn’t remember getting one after the first week. He does remember getting many of them after basic training. Who knows the impact of exhaustion and fear on the spontaneous erection?

Swingers & Nudists in the Military

Swinging and nudism is a fairly prominent activity in the military. This is especially true in bases in Europe or parts of Asia where the social prohibitions against swinging and nudism are not as great as they are in the US.

“Where to find sex?”

“You really don’t have to go anywhere. It usually finds you.” *male age 29*

“Local clubs known to be meat markets.” *male age 37*

“Probably the bars on post. They are usually full of married women looking for someone to play with while their husbands are away.” *male age 23*

Unlike males, women in the military have seldom needed any help in finding partners. For men, the Internet is now being used for finding sex. This echoes its use in civilian life. Where soldiers go online depends on what kind of sex they are looking for. There appear to be legitimate online dating services for members of the military who want to date other members of the military. They also hook up soldiers with civilians who live in the surrounding communities. Match.com is said to have more military singles than all of the military dating sites combined. Just beware of the many scams aimed at military singles. Do a browser search to learn what they are so you can try to avoid them.

Gay and Bisexual

“There were very few homos onboard ship. It was never a concern.” *male age 43*

“While on ship, I had sex with as many guys as I wanted and as often as I wanted it. I had sex with men and women—in deep corners and heck, even in the barbershop once!” *male age 31*

“It’s somewhat expected that everyone will date; if you don’t date, coworkers will assume you’re a homosexual. While this is very seldom true, it is a stigma.” *male age 47*

“A lot of military in Washington use Craigslist. You would see men on the site advertise for women at first and then as the day went on you would see the same men advertising for any sex. Some of them wanting their first homosexual experience. These were guys in their early 20s, in their sexual prime.” *male age 24*

Contrary to what you might hear about the military, not a single one of our survey takers said he or she felt gays and lesbians were a concern for them. None reported feeling stared at while in the showers, and none listed homosexuality in others as a problem.

How you define “homosexual” in the military is interesting. There is the navy term, “It ain’t queer unless it’s tied to the pier,” which implies a different standard for what happens on land where women are plentiful and what happens on board ship. In years past, there was also a military joke that defined a “buddy” as a guy who would go off base while you are restricted to base, get himself two blow jobs, and come back and give you one.

There appears to be a well established if not well hidden gay and bisexual culture in the military. The men and women who are part of this culture take extreme measures to keep it hidden. It’s nothing for them to drive hours from a base to a private gay venue where there is little likelihood they will be found out.

Also, it can be problematic for a man or woman in the military to not date a member of the other sex, as they risk being perceived as gay. Gay officers have to be particularly careful, as other officers’ wives are constantly trying to set

them up. A “stunt babe” is a woman who poses as a gay soldier’s girlfriend at military events and whose picture he keeps on his desk. She is the military equivalent of a “beard.”

Gay Females in the Military

Contrary to what you might think, lesbians can have a rough time in the military, especially those who are tomboyish as opposed to fem-looking. Everyone is expecting women in the military to be gay. Straight women in uniform can be especially sensitive to this. They consider their gay sisters as a bad mark on the family name, and often display a lack of tolerance. Lesbians in the military quickly learn this. The constant scrutiny can become nightmarish. While straight girls in the military can have a sexual heyday, lesbians in the military say they won't even risk kissing another woman in "the privacy" of a base apartment, let alone muff-diving when on government-owned real estate.

In her piece *No Ass, No Tail*, Myriam Gurba says that real military dykes aren't getting laid. She quotes one lesbian who said she believed herself to be the only dyke among 60 girls in her basic training outfit. Given the rampant homophobia, she said, "I think living in close quarters with 60 women was actually one of the most dreadful experiences I've had to endure."

While there can be opportunities for homosexual exploration, it would seem to be among women who no one suspects as being gay. Otherwise, they are too well watched for it to be comfortable.

A Talk with an Active Duty Solider

The author of *The Guide* recently had an unexpected talk about sex in the military with a young soldier who was on leave from Afghanistan. This soldier had already served two tours in Iraq. The following is a partial reconstruction of the conversation from notes scrawled on the back of an envelope.

Some soldiers say they are too exhausted or traumatized to want very much sex when they're in combat. What's it been like for you?

I enjoy sex and have it whenever I can. I have a much higher sex drive now than when I was in high school. My body is on hyper alert when I'm out on patrol and I can't shut it off just because I'm back at base. After what I see and do out there, the sex helps me reconnect with a sense of humanity.

Where do you find sex in Afghanistan?

There's a lot of sex on base!!!

What about prostitution?

I've been with prostitutes in Iraq and in Afghanistan. They're not out in the open, but you can find them if you ask around. Some that I've been with speak English. I've spent entire nights just talking with them. The women are exotic, and I find that very appealing. It's different than being with a woman here at home. The sex is incredible, but so is being with a woman from such a different culture. I know a lot of the guys just want to have sex and get off, but I want to talk for hours first.

What about the female soldiers on base? Are they up for sex?

This isn't going to sound so good, but there's a lot of people having a lot of sex on base and I don't see relationships back home being a detriment.

If you work hard to please a woman on base sexually and you do a good job, the women will talk about you to other women. Word gets around if you're good and who you are, so it's not at all unusual for a woman to come around in the afternoon or night and ask if you're available to have sex. It's real straightforward, nobody gets embarrassed, none of the games like when you're back home. If you're available and she's someone you'd like to have sex with, then you say yes. Or maybe you'll say "I'm really sorry, but there's already

someone I'll be with tonight."

And yes, the women have sex with each other. Most of the women aren't gay, it just happens. And maybe it's nice having sex with other women when you're surrounded by so many guys.

Is there much relationship drama on base?

Good God yes. Guys aren't used to women being trained soldiers, and some of these women won't hesitate to hurt you physically, and I mean hit you, pull a knife on you, and even shoot you. Everything is turned up on a base in a war zone, including the drama.

How are women treated on the bases?

Terribly. A woman who is in the military needs to have seriously thick skin. Guys are going to be talking trash to her from morning to night, "Bend over and let's see what you've got..." kind of stuff. A woman needs to be tough and able to ignore it. Guys will behave when a commanding officer is around, but the minute he or she is gone...

If the women have sex with the women, do male soldiers have sex with other male soldiers?

Before I went on leave, a friend who I've been in combat with was beating himself up because he'd had sex with another male soldier. But I don't think it's that uncommon. You suit up every morning expecting to get shot at and to lay down your life for the guy next to you. And you expect him to do the same for you. You share emotions together that a lot of husbands and wives don't share. You're in a foreign and hostile environment, and there are five or ten men to every woman.

And people are surprised that male soldiers have sex with male soldiers? They should get over it. No one has problems if two female soldiers get it on. Keep it to yourself, and that's that. What you do with your body when the enemy isn't trying to vaporize it is up to you.

What about threesomes?

I'd say there's a lot of that. Two guys and a girl. And there are times the guys will be getting each other off in addition to her. But with so many men, any woman who wants two guys at once gets two guys at once.

Sex after Combat

Thanks to better armor and more immediate medical attention, fewer soldiers are being killed in battle, but more are returning home with injuries. Some of the most common problems include traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), combat related sleep disorders, burns, amputations and trauma to different parts of the body including the crotch. Many of these injuries are caused by blasts from IEDs.

Unfortunately, the VA does not want to hear about combat-related sex and relationship problems, especially those that can't be treated with pills like Viagra or Prozac.

More than 10% of combat vets are returning with PTSD, which tends to keep the body in a hyper state of alertness. This can seriously disrupt your sex life, given how the adrenaline that's surging through your system can make it difficult to kick back and feel like getting it on. Your body is in a permanent "fight or flight" mode, with sex taking a back seat to worries that bad things might happen. Just letting your guard down enough to talk about your feelings can be frightening. Plus, the sounds and sensations that happen during sex can become flashback triggers. Even the way we describe what sex feels like often includes combat imagery, "I started coming so hard it felt like an explosion..." or "There was this blast of light and energy..." Also, the sounds people make at the height of sexual passion often sound like cries of pain.



Some soldiers who return from combat appear to be totally normal, but they aren't able to feel close to loved ones and friends. It can be a real struggle to jump back into the relationship and the family life they had before.

Beware The VA's Prolonged Exposure Therapy and View of PTSD as a "Growth Opportunity"

The military has been promoting "prolonged exposure" therapy for soldiers with PTSD. They love to say that prolonged exposure therapy is the "gold standard" for PTSD treatment as long as you ignore some of the potentially disastrous side effects and accept what appears to be voodoo science and research methodology.

And now, the VA seems to be embracing the concept of PTSD as a "growth opportunity." This means that if you have between six and sixteen sessions of therapy with one of the VA's "prolonged exposure" or growth-opportunity counselors, you will be cured of PTSD for life! It doesn't matter if a fellow soldier who was standing next to you was vaporized by enemy fire and you ended up wearing parts of his flesh. According to some of the VA's finest minds, you just experienced an opportunity for growth!

Can adversity make us stronger? Absolutely, but it's difficult to fathom how the adversity you experience in combat can be conceptualized as a growth experience. Why do so many soldiers commit suicide when the military claims it's "prolonged therapy" for PTSD is 60% effective and PTSD is an opportunity for growth? Maybe people should start to wonder if the military's "cure" isn't part of the problem. There are some very competent therapists who do.

If You Have Traumatic Brain Injury (TBI)

Just under 20% of returning combat vets are showing signs of traumatic brain injury. TBI can impact your ability to connect the dots in every-day life. Things you used to take for granted can become head-scratchers, especially relationships. While it's highly unlikely that a TBI is making you more horny, it could be making it difficult to know the appropriate time and place to masturbate, or who to have sex with and when or where.

Even though you seem perfectly normal on the outside, a brain injury could be impacting your judgement. It might be causing you to have problems expressing emotions and processing feelings.

TBI can be confusing for everyone, especially the people around you who expect you to be the person you were before combat concussed your cabeza. Like any of us, you might be trying to fake it or cover things up. You probably wouldn't know how to put what's going on into words anyway.

When possible, it's important to sort out traumatic brain injury from PTSD, as TBI symptoms can often look like those of PTSD. A great resource for learning more about TBI is a book written by Bob and Lee Woodruff: *In an Instant: A Family's Journey of Love and Healing*. Mr. Woodruff is a journalist who suffered an extensive TBI as a result of a war-related explosion.

As for burns and other tissue trauma, these can result in skin that is numb or painfully sensitive. Combat-related amputations are common and require huge adjustments to life in general, not to mention problems with keeping your balance during intercourse and having difficulty with thrusting. It's not like It's not like Good Morning America is going to have on the author of a book titled "Intercourse Positions for the Returning Vet Who Has a Double Amputation." The good news is, you might actually be able to get into positions that your able-bodied self could never fathom, but there will be a learning curve.

Always lurking behind any disfiguring injuries is how you feel about your body, aka "body image" and "self-esteem." How is your partner going to respond? And if you don't have a partner, how will you find one? Not only will you need to heal physically, but you'll need to become comfortable with yourself. While you will probably want and need some alone time, isolation can

be a devil of its own making.

To compound all of these problems, the medications used to treat depression and pain can bring their own sexual side effects.

We are just beginning to understand some of the unique problems that today's vets are bringing home with them. You'll need to be vigilant in your search for helpful information. Do regular Internet searches, and stay connected to veteran and military related blogs.

Be sure to know the benefits you are entitled to! This can vary from state to state.

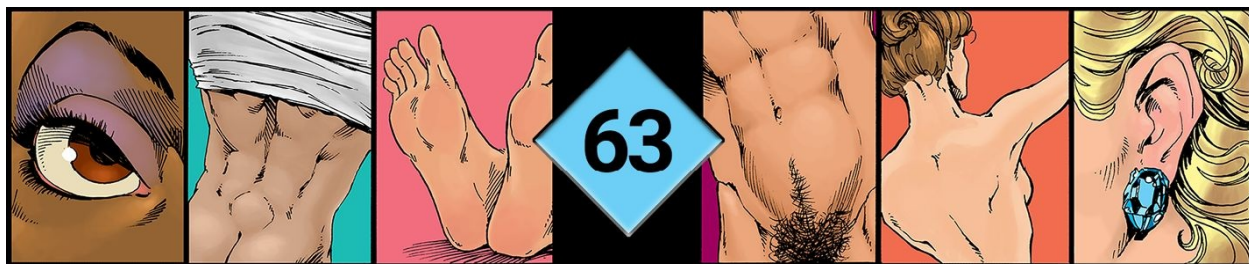
Advice from People Who Have Been There

“I wish that I was told about the sexual reputations of all branches and how much people in military towns resented you before they even met you.” *male age 24*

“Military people enjoy sex pretty much the same as everybody else. The dangers of military service, and the travel and deployments, make an active sex life a little more challenging. I always appreciated a sexy welcome home, even though I realized that my being away increased my wife’s burdens a great deal. Popular culture paints military members as macho types who enjoy rough sex and even rape. The truth is military people are the same as everybody else in the sex department, and what works for civilians works for GIs equally as well.” *male age 54*

“If it’s going to be casual sex, make sure you both agree and understand this. Don’t talk about any sexual partner with coworkers, ever.” *male age 47*

“In Iraq, it was really hard... I felt too dirty and stinky to talk to girls there, and a lot of times coming back to the fob, we’d seen contact with the enemy and were maybe upset, or are not into talking to girls because we’d just seen the edge of humanity, like a dead body or dead friend, and the last thing on your mind was having sex. Also exhaustion was a factor.” *male age 23*



Sex When You Are Horny & Disabled

A story appeared about a 22-year-old man with cerebral palsy who has virtually no control over his body's movements. He started using his wheelchair antisocially, as a ramming device. He was running over anything he could. Eventually, this young man wrote on his word-board that he was so horny he couldn't stand it anymore. Although his body has the same sexual urges and desires as an able-bodied 22-year-old, he has no ability to walk, talk or masturbate like other 22-year-olds. He can't even download porn or surf adult websites.

As quickly as they began, this young man's wheelchair tantrums stopped. The reason? A nurse's aide mercifully began giving him handjobs. But then she was caught and fired instantly. The board-and-care home threatened to file a complaint against her for sexual abuse.

Sexy & Disabled?

If you think you are fair-minded about sexual matters, consider a quadriplegic who wheels by in an electric wheelchair. The person drools a little and steers the chair with a joy stick that's strapped to his forehead. Do you think of this person as being sexual? Do you think he has the same sexual needs and desires as you do? Chances are you'd wonder how good his jump shot is before you'd think of him as being just as horny as you are.

Many people not only disapprove of sex for the severely disabled, but find the concept offensive. They might even feel that we need to protect people who are disabled from sex.

Dear Paul,

I'm a paraplegic. From where I sit, I have women's rears and crotches in my face all day long. You have no idea how much restraint it takes to keep my hands to myself. Last week I copped a feel but apologized and blamed it on my "bad driving" and "spastic hand."

Dude from Dubuque

Dude,

There's not an able-bodied guy on the planet who could come face-to-tail with as many front and rear ends as you do and not want to reach out and touch some. You must consider a crowded elevator to be a gift from God, as well as one of life's great torments.

Counterpoint: I received a complaint regarding my response to Dude because I didn't chastise him for his inappropriate actions. "I am really disappointed that you suggest in your response that a man couldn't be expected to withhold his sexual desire and that it's fine to occasionally use a woman's body for your own purpose."

One reason why so many of us blanch at the idea of a disabled person having sex is because the advertising industry spends billions of dollars trying to narrow our concept of what sexual attractiveness is. Never do advertisers tell us that sexual appeal might have something to do with integrity and character, given how their clients can't make any money from that. Forget even existing sexually if you are missing limbs, slur your words when you talk or are paralyzed from

the chest down.

Another hurdle for many disabled people is being able to accept themselves as being sexual. If you don't accept yourself as being a sexual person, it is unlikely that others will.



Roll Models

“Prior to my becoming blind, the only person who was blind that I had seen was a beggar. I was horrified to think that this was the only option available to me as a person who was blind.” From an article on women who are blind by Ellen Rubin in *Sexuality and Disability*.

One of the more discouraging aspects of having a disability is that positive role models are few and far between. If you ask people to name a famous disabled person, just as many will say the Hunchback of Notre Dame as Franklin Delano Roosevelt. Of the two, FDR was a real-life American president who provided people with a real sense of sanctuary, although he was unable to walk unaided.

Different Ways That Disabilities Happen

When people are disabled from crashes and accidents, it is often because their spinal cord was damaged. About 85% of spinal-cord injuries happen to men, many in their teens and twenties. That's because men have a penchant for doing things that involve speed or some form of combat. For instance, if a boy says he needs "pads," you might assume he's talking about something to put under his football jersey. If a girl says she needs "pads," it's likely that she's referring to sanitary napkins. In addition to sports and car crashes, disabilities might come from gun wounds, stabbings, fist fights or head injuries.

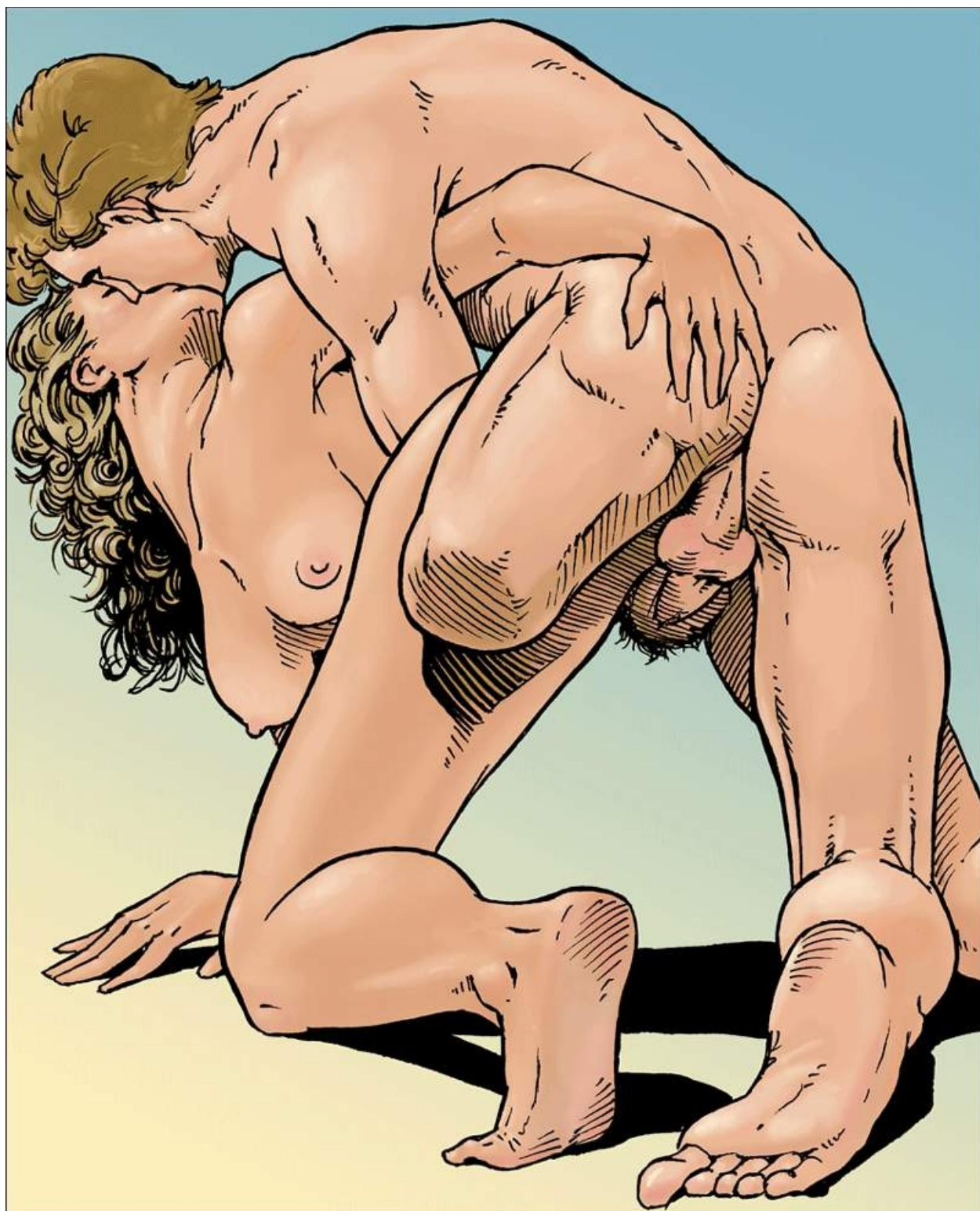
Diseases that cause disabilities can include arthritis, which can make intercourse painful or cripple your fingers so much that you can't masturbate. Diabetes can hamper an erection or a woman's ability to get wet. Multiple sclerosis can be mild and manageable or severe and debilitating. Cancer and the treatments for it can impact a person's ability and desire to have sex.

There are many genetic or congenital disorders that can cause disabilities. Medications taken during pregnancy can result in the birth of infants with severe disabilities. Parental exposure to pollutants and chemicals can cause birth defects. Disabilities can also result from strokes and heart attacks or cerebral palsy and muscular dystrophy.

Spinal-Cord Injury (SCI) Shorthand: When people with spinal-cord injuries are talking to other people with spinal-cord injuries, they sometimes use a shorthand such as "I'm a C-4 quad" or "I'm a T-3." This code refers to the location on the spine where the injury occurred. For instance, a C-4 injury occurs higher up on the spinal cord (in the neck) than a T-3, so it is likely that a person with a C-4 is paralyzed from the shoulders down (quadriplegic), whereas a T-3 has the use of his or her arms (paraplegic), and an L-4 most likely has more use than a C-4 or T-3 because the injury happened at a point on the spinal cord between the ribs and pelvis. Another factor is whether the injury was complete or incomplete, with the latter supposedly being less severe.

Quad Note: Thanks to Tom Street for this info. Tom is a C-4 quad from an auto accident. Tom manufactures a computer mouse for quadriplegics called the QuadJoy. This special mouse, combined with extra software that Tom has

written, allows the user to run the entire computer, including keyboard, by mouth. The full range of clicking and dragging happens by virtue of puffing and sucking on the end of the joystick. This can be particularly helpful for a quad who would like to interact with others in chat rooms or who would like to see Internet porn in PRIVATE and without the help of an attendant. Tom can be reached on the internet at www.quadjoy.com.



Chronic vs. Acute

There are disabilities that happen all at once. They don't keep getting worse. This is true of most spinal-cord injuries. There are other disabilities, usually caused by diseases, which have symptoms that worsen over time.

For some people, it is easier to have a disability that starts off worse but stays the same. For instance, once people with spinal-cord injuries are able to learn how to deal with their disability, they can be pretty sure that their condition won't worsen and they won't have to learn a whole new set of skills just to stay even. People with chronic illnesses have a more uncertain future and may have to constantly readapt as their illness progresses. The uncertainty of a chronic illness makes it more difficult to get on with your life, as you never know when your disease is going to pull the rug out from under you.

Even the recovery process is different for someone with an acute injury as opposed to a chronic illness. Consider a person who had his leg amputated after being run over in the parking lot at the 7-Eleven as opposed to having a leg amputated due to complications from diabetes. Outside of not getting to finish his Slurpee, the person who lost his leg at the 7-Eleven had no pre-existing condition and must face only the problems associated with the amputation. The person with progressive diabetes has to cope with numerous problems caused by the diabetes in addition to those that are specific to the amputation, not that neither situation is enviable.

Also, the treatments for disabilities or illnesses can cause sexual problems. For instance, tricyclic antidepressants are often prescribed to help with the neurogenic pain that can occur after spinal-cord injury. These drugs can decrease the desire to have sex as well as impacting the ability to have an erection and to ejaculate. The same is true for certain cancer treatments that adversely affect the sexuality of both men and women. (See [Chapter 64. Sex & Breast, Brain & Ball Cancer.](#))

Double Your Trouble

As if it weren't bad enough to have your spinal cord injured, accidents that can damage a spinal cord are often severe enough to also cause traumatic head injury. Not only does the person have to cope with possible paralysis from the spinal injury, but he or she may also experience low sexual drive, poor impulse control or unpredictable behavior from the brain injury.

Can Men in Wheelchairs Get Hard-Ons?

People sometimes wonder if guys in wheelchairs can get hard-ons, but they don't wonder if women in wheelchairs can get wet. What's with that? Contrary to what you might think, a lot of males who are in wheelchairs are able to get erections. The stimulation for the erection will often need to come from direct physical contact with a guy's genitals rather than from his feeling horny, as the link between the horny center in the brain and the genitals is often damaged. Men with disabilities can often get good erections with the help of vacuum pumps or injections. Men with higher-level spinal-cord injuries (usually quads, not paraplegics) tend to get reflex erections. These happen when the penis is being touched and have little connection to feeling horny. They usually go down as soon as the touching stops, but some couples learn how to keep the stimulation going so they can have intercourse.

Able-bodied men often become aware of their own sexual arousal by feeling their penis grow. Men who are paralyzed have to rely on other signals to know when they are aroused, *e.g.* nipples getting hard, goosebumps, heavier breathing and a heart that beats faster. These aren't any different from what able-bodied men experience, but how many guys notice subtle physical clues when their penises are making a bulge in their pants.

Women with spinal-cord injuries may find that the sexual wetness in their vagina is decreased or absent. Using a lubricant during intercourse can be helpful. Many women with spinal-cord injuries are able to have orgasms. Bregman and Hadley interviewed a number of women with spinal-cord injuries and found that their descriptions of orgasm were similar to those of women with no spinal-cord injury. Also, some people with spinal-cord injury have orgasms that are referred to as "para-orgasms," which are different from genital orgasms but feel really good nonetheless. Para-orgasms can be so strong that women who are injured above the T-6 level need to be aware of rapid changes in their blood pressure.

Both women and men who no longer have traditional orgasms can learn to experience a type of orgasm that is called an emotional orgasm. This kind of orgasm results in a rush of relaxation and calm in the rest of the body that's like the afterglow of an orgasm.

Whether a person who is disabled can or can't have an orgasm, the good feelings that most able-bodied people get from being touched and loved are still massively satisfying for someone who is disabled. One person with a spinal-cord injury reported, "Before my accident I couldn't get enough stimulation from the waist down; now I can't get enough from the waist up!" When a person is paralyzed, areas such as the back of the neck and arms can become extremely sensitive in a sexual way. Also, plenty of disabled people report that watching a partner doing something sexual to them can be very satisfying even if they can't feel the actual sensations. Their brains are able to fill in the missing pieces.

Vibrator Note: Vibrators can be a helpful sexual aid for men and women with disabilities. They can supply the necessary stimulation when a hand is unable to. If you tend to be incontinent, consider getting a vibrator that's rechargeable or has batteries. That's because urine is a far better conductor of electricity than water, making plug-in models a bit risky. If your hands are too crippled to use a regular vibrator, it's possible to have a vibrator embedded in a Nerf ball.

“Will I Be Able to Have Children?”

This seems like a simple, straightforward question. But it is often an indirect way of asking, “Will I be able to have sex?” “Will anyone want to have sex with me?” “How do I have sex now that I’m like this?” The answer to all of these questions is usually yes, unless the person stays in a full-time funk and never transitions out of asking “Why me?” Try as they might, nobody but God or nature has an answer to the “Why me?” question, assuming there is an answer other than it was totally random.

Many women with disabilities are able to become pregnant. This is why most disabled women need to use birth control, even if they are paralyzed from the shoulders down. A lot of men who are paralyzed have problems ejaculating. Physicians are having some success helping these men to ejaculate by sticking electrodes up their rears and shocking the nerves in the prostate region. Some guys with spinal-cord injuries above T-12 are able to ejaculate with the help of a vibrator on their penis.

Born with It vs. Got It Along the Way

Unless they are in a band, most people who make it to adulthood have achieved a certain level of maturity. But if a person was disabled at a young age, it's possible that his or her disability has gotten in the way of achieving the maturity to behave as a responsible and caring adult. For instance, how does a kid who is disabled at age 15 progress through the usual steps toward independence if he or she needs a parent to get them out of bed and dressed each morning? If in a rehab center, how does he or she get the privacy to explore sexually as other kids do? How do they masturbate with hands that can't move?

Consider the following questions posed by a therapist who works with the disabled (*technology has made some of this dated, but you'll still be able to get the point*): "How does a young girl in a wheelchair learn how adults are sexual if her parents are afraid to be that way in front of her? How does she explore her parents' drawers when they are out and find books, movies, condoms, sponges, lingerie and so forth—as many youths do—if she cannot get into their bedroom? How can she find her brother's copies of sexually explicit publications if she cannot get under his bed where they are stashed?" [From "Performing a Sexual Evaluation on the Person With Disability or Illness" by Kenneth A. Lefebvre in *Sexual Function in People with Disability and Chronic Illness*, Marca Sipski and Craig Alexander.]

People who are disabled at a young age will become adults with the same sexual drives and desires as anyone who is not disabled. However, they may not have learned appropriate ways to satisfy their sexual urges. To help fill in the missing pieces, parents and educators of disabled kids need to be more open rather than less about sexual issues.

Sex & People Who Are Developmentally Disabled

It is not likely that people who are developmentally disabled will be reading this book, although one such woman by the name of Linda who loves looking at the pictures! People with developmental disabilities have the same sexual urges and desires as everyone else. They simply go through the stages of sexual development at a slower pace.

The developmentally disabled pose special problems when it comes to sexual training, because they may need a good deal of repetitive explanation about things that many adults feel uncomfortable saying even once. Also, in their drive toward sexual pleasure, developmentally disabled kids may be even less apt to use birth control than their nondisabled partners in crime.

If you are the parent of a disabled child, or you work with people who are disabled, you might be at a loss for finding good references to help you in dealing with your child's sexual growth. *For a helpful list of resources, put 'disabled' into the search box at www.Guide2Getting.com.*

Body Image

If a person has been disabled for a long time, his body image might also include a wheelchair or braces, scars from surgeries, hands that are not particularly dexterous, a voice that slurs words, a head that doesn't sit straight on its shoulders or other features that his or her peers don't include in their idea of what body image is. It may be very difficult for someone who is disabled to feel attractive and effective if they can't see themselves as separate from the devices that help them to survive. As a result, they might need extra feedback that you value them as much as you do anyone else.

Dear Paul,

We both have spinal-cord injuries and are disabled. Yet we like watching porn that shows able-bodied people having sex. Is this weird?

Rhonda from Rolling Hills

Dear Rhonda,

None of us here have nine-inch penises, can last forty-five minutes, are always ready to have sex and who like having a penis shoved up our rear end, but we like watching pornography, too. Pornography is a fantasy. It helps people go places in their minds where many of them wouldn't go in reality even if they could. Now here's a question for you: I'll bet you aren't worried about watching able-bodied actors in TV or movies, so why when it comes to porn do you suddenly worry about being politically correct?

Explaining Yourself & Educating Others

Just like people who are able-bodied, people who are disabled need to learn their own sexual strengths and weaknesses and then teach a partner about themselves. For someone who has had a stroke, it might be important to lie on their affected side so they can use their active arm for caressing a partner. Likewise, they might have a “visual field cut” which causes them to ignore one side of their partner’s body. The partner needs to let them know about this. (This example by way of social worker Sharon Bacharach.)

When it comes to enjoying sex, different disabilities pose different challenges. For instance, if you can’t use your hands in a way that allows you to masturbate, then figuring out how to do that will be one of your first challenges. If you need help breathing but want to give a partner oral sex, you might need to alternate sucking on your partner’s genitals with sucking breaths of air from your respirator hose. If you can’t have intercourse, then you’ll need to work out ways of pleasing both yourself and your partner without it. (This book has plenty of chapters that describe ways of doing that.) Perhaps your disability has left you with little nerve sensation in your genitals, but the opening of your anus is still sensitive; stimulating it might bring you to orgasm. Maybe your neck, lips, cheeks or nipples are highly sensitized to touch. Maybe it helps if you take a warm bath or shower or to have a beer or glass of wine before having sex, which is just as true for people who are able-bodied.

Goodbye to Spontaneity

Some able-bodied couples don't like to use a condom because the thirty seconds it takes to put it on destroys the mood for them. Think of how resilient "the mood" has to be when it takes several preparations and maneuvers to be ready to have sex. Think of how resilient the mood has to be if one partner cries out in pain and adjustments need to be made in order to continue.

People who are disabled might not be able to enjoy the sexual spontaneity that able-bodied couples who don't have kids at home take for granted. Consider the following advice that was recently posted online:

"Patience is truly a virtue in disability-related sex. Disability often destroys something in sex, spontaneity for one thing. Drugs, fatigue, depression, neurological impairment can also be a destructive force. Utilizing the turn-on can partially make up for what has been taken away. Sometimes erotic books, photos or videos can enhance the performance. The type and degree of disability often demands traveling that extra mile or two. " Peter Love

Getting into Relationships

“Why would any man want this body?” “No woman’s going to want this!” Some individuals who have disabilities feel that nobody will find them sexually attractive. As a result, they might push away people who do. Or, at the other end of the spectrum, they might offer themselves to the first person who shows interest, even if it is not someone they like or trust. A disabled person without a solid sense of self might be starved for affection or desperately need to prove that he or she is desirable. Of course, one doesn’t need to be disabled to have hang-ups, but it can be extra-difficult when you have physical disabilities along with everything else.

Regarding the subject of dating and people with disabilities, a woman with cerebral palsy recently commented, “I think women are more accepting of differences than men. I see a lot more disabled men married or in serious relationships. I see a lot more disabled women just giving up.” There are plenty of disabled men who say it’s equally tough for them. Another disabled woman says one of the reasons she fell in love with her husband “was the idea that here was a person who looked and acted OK, wanting to have a relationship with me.”

People with disabilities sometimes shy away from dating others who are disabled. When you are disabled yourself, there can be a kind of hatred of other people who are disabled—an inner need to say, “I’m not like them.” There can also be the added problem of social acceptance. Two people in wheelchairs humming down the sidewalk garner more stares from able-bodied pedestrians than does one.

The Disabled Couple

Perhaps the most difficult aspect of being in a relationship where one or both members are disabled is that ultimately, the couple has to face the same kinds of fights, squabbles, disagreements and difficulties as couples who have no physical disability.

But when a person in an established relationship acquires a new disability, it is not uncommon for both partners to experience frustration, anger, fear, disappointment, and helplessness. Roles within the relationship may change. Neither the able-bodied member nor the one who is disabled should be afraid to seek help and advice from social workers and rehab staff.

When it comes to sexual intimacy, a couple with a new disability may need to learn anew. If your primary expression of sexuality was through intercourse, you may have a good deal of adjusting ahead. It will be easier if you are a couple whose sexuality included a full range of sensory experiences, like enjoying the beauty of a sunset, holding hands and caressing each other.

Also, if you can afford it, it would be wise to hire an attendant to perform caretaking functions. Otherwise, a parent/child dynamic can evolve between you and your partner which can intrude on feelings of sexual passion.

With a Deaf Ear & Twinkle in His Eye

A woman close to us at Goofy Foot Press works with deaf people and has also had sex with one or two deaf men. She said that she never realized how much she relies on verbal cues from a partner until she was romanced by a deaf man. Whether it's being in another room or looking down when you are having a bowl of soup, the usual conditions for connection are suddenly missing when a partner can't hear. With a deaf partner, there is no hearing without seeing. She said that the lack of verbal give-and-take is particularly noticeable during sex, whether it's oral sex or intercourse.

People who are deaf are obviously more comfortable with verbal silence during romance and lovemaking than are people who can hear. If our friend is sleeping with a man who is deaf, she lets him know that she needs more input than he might be used to giving a partner who is also deaf. She also says that it is important to have some of the lights on when you are making love to a deaf person, so they can either see you sign or read your lips. On the other hand, deaf people sometimes sign on each other's skin, or if they are in a spoons position, the person in the back can reach around a partner's body and sign in front where the partner can see.

Attacking Their Own

While many people who are disabled would welcome an increased awareness that they are just as sexual as anyone else, some don't. A few years ago, when a mainstream glossy magazine for disabled people ran a story on sex and the disabled, some disabled readers were so upset that they canceled their subscriptions. Worse yet, the article was so tame that it could have been published in *Parade* magazine or *House & Garden*. Perhaps the subject of sex brings up huge amounts of frustration and sadness for some who are disabled, to the point where they get angry at sex itself.

So You Won't Have to Read the "Sex during Pregnancy" Chapter Unless You Want To

Women can get pregnant in a wheelchair just as easily as they can get pregnant in any other chair. Don't think that because you are disabled or paralyzed from the shoulders or waist down you somehow can't get pregnant. Be sure to speak to each other and to your physician about birth control.

Note: Until recently, it was believed that birth-control pills, shots and implants might be unsafe for some women who are in wheelchairs. It's not the wheelchair that's the problem, but proneness to circulatory problems and blood clots that can be increased by the birth-control pill. If your gynecologist isn't used to working with women who have disabilities, check with the *National Spinal Cord Foundation* for a referral.

Attendants and Caregivers —The Good and Bad of It

Powerful feelings can develop between people who are patients and those who are hired to care for them—both loving and hateful. It is beyond the scope of this book to explore the different possibilities, except to say that it does little good to turn a blind eye to the dynamics that can arise between caretaker and caregiver.

If you are able-bodied, consider for a moment the issue of privacy. The kind of privacy that able-bodied people take for granted might not exist for someone who is disabled. This can range from bathing and completing bowel movements to preparing for masturbation and sex. It may be necessary for a disabled person to share private aspects of themselves with an attendant that some able-bodied people don't feel comfortable sharing even with a partner of many years.

Considering the level of dependency that disabled people can have, opportunities for abuse by attendants are rife and are unfortunately quite common. It is important that disabled people speak up against assistants who are abusive. If this is a concern for you, please contact your local center for independent living.

Helping the Helpers

To have fulfilling sex lives, people with disabilities need the help of several different medical subspecialties. These might include neurology, psychology, urology, oncology, endocrinology, physical and rehabilitative medicine and sex therapy. Unfortunately, getting medical specialists to work together in a collaborative effort requires that professional egos be set aside. The problem multiplies when the issue is sex, since many of the professionals who need to work together might be uncomfortable with the subject of sex.

Rehab Note: When rehab therapists get around to mentioning sex, it is usually in combination with discussions about bowel and bladder functioning. This is most unfortunate. People who are newly disabled need access to positive information about sexuality early in their rehabilitation. Even if they reject the information, it is something positive that will remain in their consciousness, to be accessed at another time.

Stroke Studies — Interesting for a Number of Reasons

Stroke survivors, as a group, experience a drop in sexual activity. Until recently, this was thought to have physical, rather than emotional, causes. However, a study of stroke survivors by Buzzellie, di Francesco, Giaquinto and Nolte concluded that “psychological issues, rather than medical ones, account for disruption of sexual functioning in stroke survivors.”

It is especially significant that the researchers found no differences in the sexual functioning of people with right-brained lesions as opposed to left-brain lesions or contralateral lesions. This contradicts our modern tendency to view behaviors as coming from one side of the brain or the other. This study indicates that sexuality is neither “right-brained” nor “left-brained.”

Recommended Resources

Sexuality Reborn is an excellent video in which four likeable and articulate couples tell about their personal experience with sex and disability. At least one person in each couple is wheelchair-assisted. It is very helpful for both disabled and able-bodied viewers. College instructors who use the *Guide to Getting It On!* in their classes are highly encouraged to show this to their students. A great deal of humanness is conveyed without a moment of pity or self-absorption. There is something about the honesty and genuineness of the couples who speak in this video that gives able-bodied people a more realistic and grounded perception of people who are disabled. There are parts of the video where the couples are naked and having sex, but it isn't in a way that's going to ruffle the feathers of your dean or regents. The only criticism that reviewers had was that the occasional comments by the talking-head medical specialists seemed unnecessary and detracted from, rather than added, to the video's effectiveness.

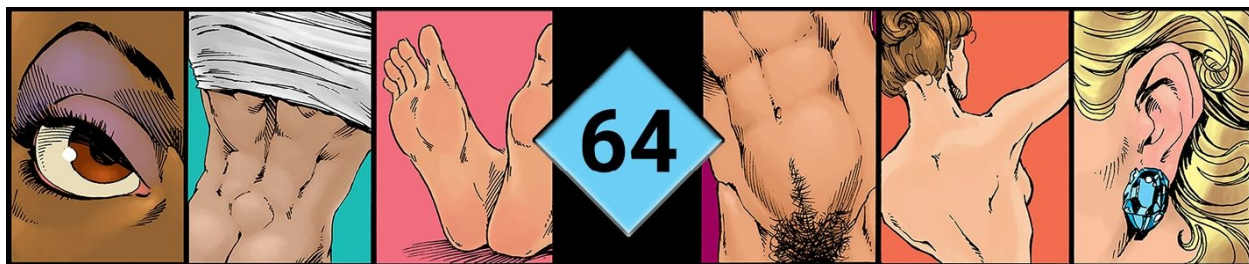
Untold Desires shows interviews about sex with people who have all kinds of disabilities. This award-winning documentary contains no nudity and makes an excellent companion tape for *Sexually Reborn*. Anyone going through a rehab program should get to see both videos. Included is a wonderful interview with a woman who has severe cerebral palsy. She is astute, funny, and energetic. The video provides subtitles when she speaks because her speech is so CP-involved. The interviews with other disabled people are equally valuable. As an

additional bonus, there is spectacular footage of one chair-assisted man skiing down a steep mountain and a disabled dude racing down stairs and streets. Redefines the term “No Fear.” Highly recommended for people with disabilities as well as those without.

Murderball is not about sex, but the next best thing: quads who play rugby. This is full-contact rugby in wheelchairs that would make Mad Max proud. They end up competing in the Paralympic Games. If people with disabilities can do this, they can make sex work.

RECOMMENDED: The Ultimate Guide to Sex and Disability, by Miriam Kaufman, Cory Silverberg and Fran Odette, Cleis Press. This is full of helpful suggestions and ideas, and should be on the shelf of any individual or couple who is experiencing disabilities or chronic pain.

Citations—Both quotes in the section “Getting into Relationships” are from “Dating Issues for Women with Physical Disabilities,” *Sexuality and Disability*, by Rintals, Howland, Nosek, *et al.*



Sex & Breast, Brain & Ball Cancer

After seeing the title of this chapter, you are probably thinking, “Just the uplifting chapter I’ve been wanting to read!” You might be surprised.

When I have sent questions about sex to cancer experts, their responses have been along the lines of, “People with cancer are more concerned about living than orgasms!” I might as well have walked into an AA meeting with a twelve-pack of Anchor Steam.

The readers’ experiences that fill this chapter contain tips and suggestions that are far better than what’s in much of the professional literature. The following account of a 37-year-old reader with breast cancer seems like a good place to start.

I hate cancer, hate having lost a breast. I went through a horrid jealous phase, envying other women their whole breasts, their health, their fertility (treatments put me into early menopause). But that’s a draining response, so I don’t dwell on it. Now, I just try to appreciate beauty when I see it.

Treatments for cancer can cause discomfort, fatigue and intense pain. Still, it’s possible to be sexual throughout treatment, just differently than before. Self-pleasure through masturbation is easiest because you set the pace. Try masturbating even if you have a partner because then you can guide them as to what feels best. I started with self-pleasure for sleep and pain relief a few days after surgery. Later, masturbating in front of my partner also helped be a turn-on at times when I didn’t feel up to active sex.

Relaxing with a bath set the stage, lighting a few candles in the bathroom for mood, then a warm tub filled with epsom salts to relieve aches and detox skin. I used lots of lube for self pleasure. I started this bath ritual about a week after surgery, keeping water away from the scar area and drainage tubes until healed.

I talked with my best friend about sex and body image. She said, “You know, no man has ever pursued us for our fabulous cleavage. We both have small breasts, so we are beautiful and desirable for other reasons,” and then she gave this wonderful dirty chuckle.

Imagination helps create sexuality beyond what your body is actually capable of expressing at the moment. Erotic talk and guided fantasies help me meet my partner's sexual needs. Often, I put my head on his chest and cup his balls and tell erotic tales when I don't have energy to do more. He touches himself and is happy because we are close.

Tenderness is now more important to me than carnality. My former enjoyment of raw fucking just faded away. I think my partner misses the erotic she-beast who morphed into a cuddle-kitten.

During treatment, I started using light taps and code words to signal when I needed to move, stop or pull away due to pain or discomfort. My favorite position became the couvade, or twisting my pelvis to rest on one hip for side entry, legs sandwiched around his, and supported by lots of folded towels and an extra sheet. The extra towels served another purpose. Nausea and incontinence are common responses to chemo and radiation. Having the towels there to wrap around made me feel more confident about bed play.

Lube is hugely important. Drink extra water a few hours before sex. All mucous membranes (especially the mouth) get sore with chemo and radiation, so during treatment, I added plastic condoms, even for oral sex, to help prevent any infections while my immune system was down and out. Semen made my skin burn and get rashy, so I cleaned up fast. I learned that I liked not having a bush of pubic hair so I continue to trim it even after it started growing back. Being bare makes me more responsive.

Alcohol upset my stomach, but pot soothed my nausea and made me feel relaxed enough to be sexual. I think medical marijuana should be legal for cancer patients to help sexual healing and getting a groove on as well as combatting nausea.

Lace is itchy against the scars on my chest and under my arms where lymph nodes were removed. I won't wear underwire bras anymore because they are too constricting. But I do put on cute camisoles that are soft and stretchy enough to take off without tugging.

Sexual confidence comes and goes more readily. Sometimes, I don't like being exposed, and will drape a sheet over me during sex to cover my scars. My partner has to be patient with that. If I have a hot flash during sex, I'll ask for

oral sex instead, so there is a lot of back-and-forth during sex. Continuing joint pain makes me move positions a lot, so I use small pillows and bolsters for support. Yoga helps with pain management, too.

Interestingly enough, I now get aroused through massage of my inner foot arches. It's nice to have discovered a new erogenous zone to take the place of lost nipple sensation. A foot massage is a sweet way to get started relaxing and wiggling around in my partner's lap; it's fun.

My lover is an amazing partner who helped me do all the hard stuff: shaving my head when my hair began to fall out, going with me to meet the doctors when I felt afraid, or offering a helping hand to steady me as I stepped into the tub or shower. I am lucky to have such love and care.

The following is from another reader who was diagnosed with breast cancer at a very young age:

I was diagnosed with breast cancer at the age of 31. My boyfriend asked me to marry him ten days after that. Knowing that he still loved me and wanted to marry me after hearing such devastating news was so incredible to me.

I elected to have a double mastectomy which was a scary thing to do because the thing that defines you the most about being a woman is your breasts. It was strange thinking that the thing that I had criticized the most about my body was now feeling like the most precious part of it. I immediately had reconstructive surgery after my double mastectomy so I never experienced life without breasts, but the ones I woke up with were made of silicone and had no nipples. My skin was ultra sensitive, and at first I didn't want to wear a shirt let alone be touched. After a few days I had no sensation in my breast area at all.

Before my surgery I had LOVED having my nipples played with and I used nipple clamps frequently. It was so devastating to lose such an important part of my sexuality to cancer. It was hard to imagine enjoying sex as much without my nipples and the sensations they had produced in my whole body – a tingle that goes from your head all the way to your toes. I felt so ugly and disfigured. I really couldn't fathom that my fiancé would even want to have sex with me. Proving to me yet again what a wonderful man he is, we ended up having sex just a few days after I was discharged from the hospital. It was one of the most therapeutic parts of my sexual healing. Just seeing the devilish sparkle in his

eyes as he looked at me with so much love and longing warmed me from the inside out!

It's been almost two years since my surgery and I feel sexy despite my cancer and reconstructed breasts. My husband has continued to be turned on by me and we've found other areas of my body that are as sensitive (if not more sensitive) than my nipples used to be. It really goes to show that being sexy is more a mental attitude than a physical trait and that facing your fears about sex after such trauma can be a very positive experience."

Dating Someone Who Has Cancer

One of the things that's different about dating someone who has had cancer is that you are with someone who has had to fight hard to be alive. Outside of combat veterans, not a lot of us know what having to fight to stay alive is like, and how it changes your perspective on a lot of things that we ordinarily take for granted.

If you are dating someone who has had cancer, they will most likely want you to know as soon as possible. This is not for some kind of perverse bragging rights, but because they don't want to have to deal with starting a relationship only to find you suddenly bailing once you find out about the cancer. This is especially important to people who can no longer have children because of the cancer treatment or who have surgical scars or other cancer-related challenges to cope with. We live in a society where models and athletes can feel wickedly self-conscious—imagine someone who's got scars or is missing entire body parts.

Outside of the effects of chemotherapy and the invasiveness of treatment, there's nothing about cancer itself that makes a person want sex any less than anyone else does. In fact, the latest study on this subject expected to find that certain cancers or certain kinds of treatments would be correlated with having less sex a few years down the line, but the biggest factor turned out to be the quality of the person's relationship. No doubt, chemo is a bitch and takes a toll, and missing certain key hormones can be a challenge, but at the end of the day it's the relationship that counts most when it comes to having and enjoying sex.

Advice from Anne

Sex educator and cancer expert Anne Katz recently called with some thoughtful reminders for readers of *The Guide*:

■ Medical students get about two hours of sex education, with most of it focusing on penis problems. It's easier for many oncologists to talk about dying than sex. You, the patient, will need to be the one to ask about sex.

■ Lack of desire and lack of libido can be huge in cancer patients, but it's not only from having your body nuked or poisoned. Imagine what it is like for a patient with cancer in her pelvis to lay there with her legs wide apart and a bright beam of light shining on her anus or vulva while several strangers crowd around to administer treatment? In order to cope, she learns to go somewhere far, far away in her mind. It is not always easy to come back when it's time to have sex with a partner.

■ Body image issues are immense—how do you tell a perspective mate you are missing a certain part of your body or you have this large scar? When do you tell a date “I can't have children”?

■ With childhood cancer survivors, their whole lives have been medicalized. Some can more easily tell you their white cell count than how they feel. Many often have to face lifelong screenings for secondary cancers. It's important to be aware of this and to make efforts to work around it.

Making Adjustments

One of the things that makes sex enjoyable is that it's fun. But when you hear the word cancer, "fun" is one of the last things you think about. So the job for a cancer patient and his or her partner after the diagnosis is how to make sex fun again. You will both need to work on this!

So let's get the bad news out of the way first. A healthcare provider named Peggy McKeal, Ph.D. LMHC, who has lots of experience with sex and cancer sums it up for us. She talks about women with cancer, but what she says applies just as much to men with cancer:

"Remember, women are often the family caretakers. Nothing is supposed to happen to them. And then they need time to deal with the treatments. Imagine surgery that yanks out organs that produce the hormones that help make you want sex. And then imagine having what you are told all your life is a huge part of your sexuality disfigured. Now let's go one step farther; imagine erogenous zones that aren't erogenous anymore. Nipples that are gone and a scar left; desensitized skin, or skin that feels uncomfortably odd.

"Abdomens that have a running scar and your tummy no longer sends rushes of desire when caressed but feels numb right down into the mons pubis... Desensitized erogenous zones all over the body due to hormone loss. (That nibble on the neck no longer makes goose bumps.) Think about body image from weight gain that will absolutely not go away due to hormone loss and cancer treatments. Think about wanting to want to have sex, be sexual, but not being interested, unable to fantasize due to hormone loss. (Yeah, that actually happens.) And then imagine trying to, but not getting turned on, and when/if you orgasm it is an incredibly quiet whisper instead of a shout. Imagine damage done to your body by radiation that makes touch or penetration painful and provokes anxiety. There are solutions that help improve things. Silicone dilators, lubricants, vibrators, time, time, time, and compassionate understanding from a partner. There are hormones that can be replaced IF your cancer is not fed by estrogen. Women who have been diagnosed with cancer and undergone treatment may be experiencing all of these things, or only some. And they feel sad, guilty and angry. They want to want. A lover who is blissfully calm, understanding, nurturing and incredibly patient is a wonderful human being."

Okay, so you'll need to both explore and find new places where touch feels good. That's exactly what the women whose accounts you read at the start of this chapter did. Look at how important love and sex has been to them. The question is how the two of you approach it, your patience, and your ability to make sex fun again.

Next, if you are a boyfriend or husband, get a copy of *Breast Cancer Husband How to Help Your Wife (and Yourself) Through Diagnosis, Treatment and Beyond* by Marc Silver. Here are some suggestions from his highly-recommended book :

■ A husband is often concerned about flirting with his wife who has cancer for fear she will think he is pressuring her for sex. But not flirting with her can easily become a signal that she isn't sexy anymore. His hesitancy to touch and play with her remaining breast if she had a mastectomy can also become a signal to her that she is no longer attractive to him. Or he might fear hurting her if she's got drainage bulbs hanging out of an incision following surgery.

■ She has breast cancer, not dementia. She knows her partner's sexual desire didn't suddenly melt away with the discovery of her cancer, and the chances are, hers didn't either. At some point, hopefully sooner than later, the two of you need to talk about sex. Get your signals straight that it's okay for him to pursue sex with her, and for her to pursue sex with him, and that it's okay for either of you to say "yes" or "no" without feeling uncomfortable about it.

■ Adjustments will need to be made in the way you have sex, but maybe that will be one of the hidden pluses in all of this. Maybe you'll start exploring new ways to enjoy sex with each other, in addition to the old. (You'll see that in the next section, where a guy with brain cancer and his partner use sex to feel closer in times of fear and distress.)

■ Radiation can do a number on the skin of a woman's chest. If it feels okay, it might be a nice way for the couple to keep physically connected for her partner to rub lotion on her chest a couple of times a day. (The same can

be true with radiation in her pelvis. Rubbing her vulva and vagina with lube or an oil that her healthcare provider approves of can help with tissue that's lost its elasticity.)

■ For some women, chemo can make intercourse extremely painful. No matter how wet she might have gotten before, have a couple of different kinds of lube handy for when you start having intercourse (each has a different feel, which is why you should try a couple of different brands). Be sure to coat both the head of the penis as well as the insides of her vagina. Otherwise, if she has painful intercourse, it might start a nasty chain reaction where her vagina automatically tenses up whenever it senses an erect penis in the neighborhood. (Semen is actually somewhat corrosive on a good day. So don't hesitate to start using a condom if that helps.)

■ If you have access to a swimming pool, swimming-pool sex can be really nice. (As is mentioned elsewhere in *The Guide*, sex in water can actually end up being dry sex because the water can wash out a woman's natural lube. An excellent work-around is store-bought silicon-based sex lube or a vegetable oil. Coat your respective genitals with it before getting wet, so to speak.)

■ Sexy, short lingerie like a silk camisole or peignoir can help her feel less conscious about any missing chest real estate.

■ If she's receiving chemo and she feels like having sex (which might not be too likely) the man should probably wear a condom for the first day or two. That way, he won't risk getting a rash on his penis from any of the chemo that is in her vaginal lubrication. For the same reason, he should avoid giving her oral sex for the first couple of days after she receives chemo, unless he's got a tumor himself and you're doing couples' chemo.

■ Think about her physical state now compared to a few weeks before her diagnosis. If she's undergoing chemo and has had surgery, chances are she's bald and missing a big part of what Hugh Hefner tried to convince the world is the most sexy part of a woman's body. She may have scars that she didn't have and she isn't exactly feeling like she did when she was twenty and the

tease of the town. While it would seem weird to her if you didn't acknowledge the new realities, this is also no time to hide your sexual desire for her. And if she's way too tired from chemo to even think about sex, ask if she'd like a foot rub or if she'd like you to massage her fingers.

■ If you end up going for months when she doesn't want sex and you've been masturbating a lot, still try to keep a physical and sensual connection. This will make it easier to reconnect sexually when the effects of the chemo and/or radiation are starting to fade.

■ One of the biggest casualties to breast cancer can be romance. It's hard to be romantic when so many new and mostly unwelcome things are suddenly intruding on your lives. Keep in mind that if you put romance on hold during the worst of your cancer saga, you'll need to rekindle it as soon as you and she are able.

■ Life can have its unfortunate contradictions. One woman who loves her pubic hair might lose it all during cancer treatments, while another who goes through the hassle of shaving herself bare every day won't lose any of it!

■ When there is sexual desire but little energy, think about ways to make adjustments. For instance, what if you find a comfortable position where he can have his penis inside of her vagina without thrusting while she uses a vibrator? He might then need to masturbate after she's had an orgasm, but you still get the sexual and physical intimacy without her needing to expend much energy.

■ If a woman is feeling bad about the way she looks and particularly unsexy, she should try not to assume that this is how her partner feels about her. And he should know that even if he still finds her to be sexually desirable, she might be so turned-off by her current condition that she assumes he is as well. This is one more example of just how important it is to talk to each other about sex.

■ If her vagina is too tender to handle but a minute or so of intercourse, she can get him close to coming with oral sex or by hand, or he can jerk

himself off until he's just about to come, and then they start intercourse. Also, a finger on or in his anus during intercourse might help him to come sooner.

■ You might need to change your thrusting depth and rhythm during intercourse. Experiment and give each other a lot of feedback.

■ Birth control is a must for any woman who is not past menopause. Check with your physician(s), as they probably won't want you using hormonal methods.

■ Squeezing your breasts, sexual touching, and sexual activity will not spread cancer or impact your recovery in a negative way! Having orgasms does not alter or negatively impact your estrogen balance. Being wet sexually and having orgasms are just as good for you during and after cancer treatment as before.

From a Young Couple

I recently received an email from a young woman whose boyfriend has brain cancer. He's 20, and she's 19. He's had multiple brain surgeries, radiation, and now chemo.

Because of his nausea and problems with stamina, she's on top during intercourse more than before. And some of the things he used to love her to do before his cancer can make him feel nauseated now. But she says as long as they give each other lots of feedback, they still enjoy sex, which shows that you can cut into a person's brain, nuke it and poison it—it won't necessarily stop he or she from wanting sex. In this case, his orgasms help him to feel better after chemo, assuming he's able.

She says, "Sometimes we have sex just to feel closer in a hard time like after we heard he was going to need a second surgery. It's comforting to be that close to the person you love and know that nothing is going to happen to them right then, even if outside of those moments you are living in constant fear. Sex has shifted to being almost totally focused on what feels best for him and I wouldn't have it any other way."

She didn't mention anything about her own emotional journey, but it's worth noting that modern medicine is, by necessity, so focused on the person with the cancer that we sometimes forget that his or her lover can be suffering just as much. The lover may feel too guilty to even allow themselves to be conscious of how much emotional pain they are in. (This is a reminder to healthcare professionals, who are sometimes pretty overwhelmed themselves.) As for the details of how this couple approach sex and cancer, here it is in her own words:

"We ended up trying me on top more because he didn't have to move as much and it can be less physically trying for him. He has less stamina so it's nice for him to be able to have sex without ending up completely exhausted. I was tentatively afraid that I would cripple him if I were on top, but it turned out to be a very successful position. He actually likes it best out of all the positions we've tried.

"Communication has turned out to be key because he has sudden nausea or pain sometimes, but if sex is done correctly (with proper communication and

being cautious not to over-do it) it can actually make him feel better. Sometimes we start but he needs to rest and then we keep going in a few minutes. He lets me know if something I'm doing is good or if it's making him feel worse because some of the things we did before aren't good anymore (for instance I used to kiss him on the stomach and back and he used to love it but now it can make him nauseated.) Sometimes things like that feel good and sometimes they don't.

“He has good days where he can try different positions and places and bad days where we stick to me on top and we have intercourse in kind of a soft, relaxed setting. We discuss what he would like to do that day before we even start any foreplay and then he tells me if he's changed his mind anytime after that based on how he's feeling. That way we almost always avoid nausea, and intercourse can be great even with restrictions.

“During his chemotherapy, sometimes he has close to no sex drive and then we don't do much at all sexually, but he'll still do things like finger me just pretty much to be nice, since he's not so much up to anything sexual.

“I'd say if anything has increased it would be the number of blowjobs I give him because that's another thing that gives him pleasure but lets him remain pretty much still and comfortable. We don't have as much intercourse because he's just not up to it all the time.”

Cancer of the Testicles

Please see [Chapter 9. Balls, Balls, Balls](#) for a discussion on the nuts and bolts of cancer of the testicles.

The people who worry most about their sexual appeal after cancer of the testicles tend to be younger males, both gay and straight. Hopefully, gay males won't put up with a partner for whom only one ball is a deal breaker. As for straight guys, there aren't too many women who sit around fantasizing about men's balls or scrotums. Based on how women have described the scrotum when we asked them about it on our sex survey, it's hard to think they are going to dump any man because he's one nut short of a full load. So if you are the girlfriend or wife of a guy who's just been diagnosed with cancer of the testicles, please let him know that it's unlikely you'd even notice 99% of the time. (Believe it or not, a lot of guys who have lost a ball to cancer don't have it replaced with a fake one, and are quite happy with their decision.)

Unlike other male cancers, it's a rare day when a man with cancer of the testicles won't be able to get an erection after surgery. His equipment will work just fine and he'll have the same amount of semen that he had before.

As for the psychological aspects of any and all things regarding cancer of the testicles, let's defer to a man who knows a bit about it from firsthand experience, Mr. Doug Bank of the amazing *Testicular Cancer Resource Center*:
<http://tcrc.acor.org>:

"I would like to stress that testicular cancer is not contagious and it cannot be transmitted via sexual intercourse. There are a lot of reasons to be afraid of cancer, but this is not one of them."

"Regarding sex drive, testicular-cancer survivors we have spoken with have told me everything from having sex the day after their surgery (ouch!) all the way through having to go on hormonal therapies to re-establish their desire—which would only be the 2% to 3% of guys who lose both testicles. In those cases, supplemental testosterone takes care of everything. The desire is still there and the ejaculation is still there.

"Just as each one of us is different going in, we're going to be just as different coming out, too. If you feel different, or just out of whack, let your

doctor know. They cannot read your mind, and they definitely cannot diagnose anything if you do not tell them that something is wrong!”

Highly Recommended:

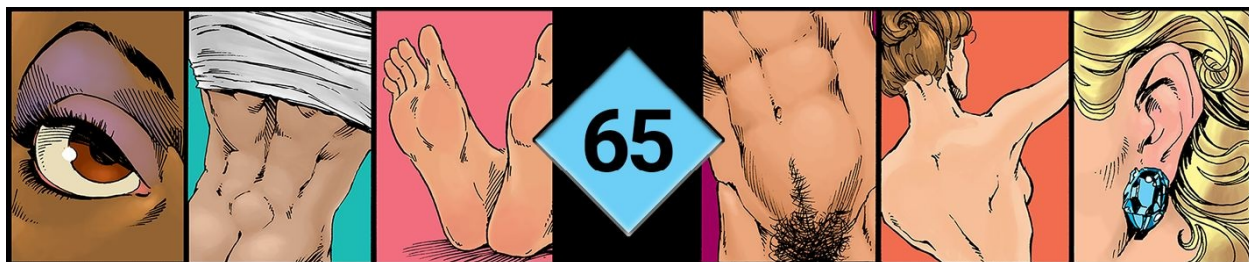
Woman, Cancer, Sex by Anne Katz, Hygeia Media

Man, Cancer, Sex by Anne Katz, Hygeia Media

Prostate Cancer and the Man You Love: Supporting and Caring for Your Partner by Anne Katz, Rowman & Littlefield Publishers

Surviving After Cancer: Living the New Normal, by Anne Katz, Rowman & Littlefield Publishers

Breast Cancer Husband, How to Help Your Wife (and Yourself) Through Diagnosis, Treatment and Beyond by Marc Silver, Rodale Books. If your partner has breast cancer, get this book!



Sex & Diabetes

You won't believe this, but nowhere on the website of the American Diabetic Association do they discuss whether swallowing when giving a guy oral sex impacts your blood sugar level, or if diabetic girls taste sweeter.

When this chapter first appeared in an earlier edition of the *Guide To Getting It On*, it wasn't easy to find information about sex and diabetes. Now, if you do a browser search, you'll find no shortage of "Ten tips about sex and diabetes" articles, which are basically the same article rewritten ten times. Maybe two of the tips will be helpful.

The one constant in almost everything written about sex and diabetes is that no humor is allowed. It seems the minute a person is diagnosed with diabetes, the part of their brain that processes humor is presumed to suffer from permanent low blood sugar. It's almost as bad as doing research on sex and cancer, where no humor whatsoever is allowed.

For legal purposes, it is assumed you have asked your healthcare provider the kind of questions that everyone who has diabetes feels comfortable asking their healthcare provider, such as "Is it still okay if my girlfriend wears a stap-on and does me up the butt?" and "I love it when my husband spansks me and then has me sit on his face—can we keep doing that?"

Assuming your healthcare provider says yes and there's no medical reason not to have sex, read on.

Exercise, Sexercise

Just about anyone who has ever done a finger stick knows about the importance of exercise in helping to manage diabetes. Exercise increases the number of insulin receptors in your cells, which can help your insulin work better and make your diabetes easier to get a handle on. Fortunately, there's no rule that exercise can't be done while you are naked at home with a lover rather than at a gym. Like with any exercise, check your BG and have a snack if needed.

Check Your Blood Levels Before and After — And During Unless It's a Quickie

One reader had a nasty experience while performing oral sex on her boyfriend. It was her first time, so she assumed the funny feeling she was having was from being nervous. She was kneeling over the boy when she fainted from low blood sugar, almost choking on his penis. At least she thinks the culprit was low blood sugar.

Checking your blood sugar before, during and after sex is the last thing anyone feels like doing. But until you understand your body's reactions while making love, especially with a new partner, taking frequent readings is the only way you will learn. Also keep in mind that the emotional part of being with a new partner can add to the blood-sugar lowering potential.

You and your partner will especially want to learn about your body's reactions when you are rounding third and are about to start screaming "Oh God, Oh God, I'm Coming!" The muscles in a horny pelvis eat up extra glucose, especially when it's been rocking back and forth. And hormones like adrenaline, noradrenaline and prolactin are released during orgasm. They can change blood sugar, sometimes dramatically.

A sex-friendly healthcare provider or diabetes educator can help you with lovemaking-management strategies. Should you adjust your insulin downward? Is it a good idea to inject yourself in the abdomen instead of your thigh before a lovemaking marathon, or does the bunny-like thrusting of hips cancel any slow-down in the insulin-absorption rate that you might hope to gain? Should you eat something other than your partner before, during or after having sex?

Since high blood sugar and ketones are best managed by drinking lots of water and exercise, highly-aerobic sex might be just what the doctor ordered. And peak insulin times require a food snack before your sex snack.

It is also essential to educate your partner about diabetes, and how he or she can recognize your hypoglycemic episodes and other possible problems. They need to know how to be in charge when you aren't and what to do. It will be much harder to explain after the fact. Since most diabetics feel good as new in a few minutes to a few hours, it won't be long after treating a low when you and

your partner will be back in the saddle.

Sex While Wearing a Continuous Glucose Monitor (CGM) and/or an Insulin Pump

A CGM can be as important to having good sex as having a partner who graduated at the top of their class in giving oral sex. It allows both of you (or all three of you if you're having a threesome) to keep an eye on your levels. You'll easily know when to take a quick snack break if your levels start to drop, or you might try squirting something sweet on one of the favorite parts of your partner's body and lick it off.

But there are plenty of people who don't feel fully naked until their bodies are free of all devices, and that is totally understandable. Also, a CGM buzzing during sex is not the most romantic sound.

Whether you keep your devices on during sex or disconnect beforehand, keep in mind that the awkwardness of these devices usually weighs far more heavily in your mind than in the mind of your non-diabetic partner. As one young woman said who has had sex with several different men, she can't remember one guy for whom her insulin pump was an issue. She would explain what it was and how important it is, and the men's attitude was always 'no problem.' They were just as much into her whether her pump was on or off. (Maybe her positive attitude also helped, as opposed to feeling afraid of the men's reactions) Another woman said her husband insists she wears her CGM so he can tell if her blood sugar is getting out of whack while there's still time to do something about it.

If you do disconnect for sex, be sure to have a way of reminding yourself to hook back up before you fall asleep for the night. Also, some people who disconnect their pump for sex use a rapid-or short-acting insulin shot. And people who don't disconnect plan ahead of time about tube management and the best places for where to put what.

#showmeyourpump

It used to be that people went out of their way to hide their insulin pumps and CGMs. But then, in 2014, Miss Idaho wore her pump during the bikini competition in the Miss America contest, and the #showmeyourpump movement was born.

Actually, Miss Idaho (Sierra Sandison) wasn't the first Miss America contestant to wear an insulin pump during the beauty pageant. Nicole Johnson, Miss America 1999, wore her pump under a gown and informed the judges that she was a Type 1 diabetic and would be wearing a pump at all appearances if she were crowned Miss America. But this was before Instagram, Pinterest, Tumblr and the ascendance of social media. It was Sierra Sandison wearing her pump in the bikini competition in 2014 that helped launch #showmeyourpump. If it's okay for Miss Idaho to wear her pump during the bikini competition of the Miss America contest, maybe it's okay for anyone who has a pump to feel less self-conscious and more accepting of it and of themselves.

(Both Ms. Johnson and Ms. Sandison have been highly effective spokespersons for people with diabetes and staunch advocates for the acceptance of pumps and CGMs.)

Here are comments from two women who wear insulin pumps who have Tumblrs where they post pics of themselves and their lives:

“One of the trickiest parts of switching to a pump for me has been my readjustment to this new definition of naked. Sometimes the pump feels like a ball and chain. Sometimes it feels like a good friend. I’m still trying to figure out how to feel sexy again.” —Zee at

<http://diabeticgossipgirl.tumblr.com>

And...

“Before I was on a pump I worried about how annoying it would be to be connected to tubing 24/7 and how it would work with most of my outfits and whatnot. But I almost always confidently wear my t:slim on my hip or, if I’m wearing a sleeveless or short-sleeved dress I’ll feed the tubing out through the arm-hole and clip the pump right to my belt. Then in the

less often instances where I wear a dress without a belt at my waist, I purchased this nifty garter with a little pocket called the iThigh which turns out to be absolutely perfect to wear and slip the t:slim into. And you know what, I actually like having the t:slim be a part of my outfits everyday because it's now a part of me. And when people ask if it's my cell phone or an mp3 player I am always so happy to explain what an insulin pump is to them and spread awareness of t1d since it's still so misunderstood by most of the population..."

"...I want to show others that you can still be confident, comfortable, and beautiful with these things attached to you. I didn't choose to get type one diabetes but I am strong enough to deal with it and am proud of my body, proud of the work I put in to manage this autoimmune disease, and I believe that these things that make us so unique both physically (in having them attached to our stomachs) and emotionally (in that most people without t1d can't really grasp so much of what we go through everyday) are ultimately beautiful." *Kiana McCourt at www.finchandfawn.com*

Is Vaping Safer Than Cigarettes for Someone with Diabetes?

People assume that e-cigarettes are safer to use than traditional cigarettes because they don't contain as many toxic substances. This makes e-cigarettes especially popular with teenagers and young adults, because they get the same nicotine buzz without the nasty smell. While they are right about the lack of smell, they are not right about vaping doing less damage to the human body, especially when it comes to sex.

It's nicotine that causes hemoglobin (HbA1c) to suddenly spike, and the spike is just as great when using e-cigarettes or vaping as when smoking traditional cigarettes. Shortly after vaping, a person experiences the same increase in his or her endothelial progenitor cells (EPCs) as with smoking traditional cigarettes. This is an indicator of blood vessel damage. While e-cigarettes may smell better, they can cause just as much cardiac distress as traditional cigarettes.

The bottom line: we know that nicotine in any form is not good for the health of your genitals or for your sex drive; but we didn't know until recently that vaping is just as bad for your overall health as traditional cigarettes, and that e-cigarettes are as bad for people with diabetes as traditional cigarettes are. And if you don't have diabetes, vaping—like smoking traditional cigarettes—will predispose you to getting diabetes.

Marijuana

Sugar binges due to marijuana munchies can be a problem for people who have diabetes. Knowing to take the right amount of insulin can also be an issue when you are stoned. Some smokers claim that marijuana helps even out their blood sugar, and if you read articles in pro-pot journals, you'd wonder why everyone with diabetes isn't lighting up or using marijuana extract to help manage their disease.

However, researchers who are doing long term studies have found conflicting results regarding pot use and the development of diabetes, and they do not at this time recommend using pot for blood sugar control because there is not enough evidence to show that pot effectively regulates blood sugar. (One long term study has raised concerns that the opposite might be true.) Hopefully, competent research will be done that can begin to answer questions about pot and diabetes. It's also possible that a special hybrid strain of marijuana could be created to help people with diabetes, but we're not even close to that happening yet.

Ecstasy

The drug Ecstasy can make you think you have boundless energy when your body is on its way to a blood-sugar low, and people on Ecstasy tend to drink lots of water, which lowers BGL. Also, you can't be sure that what you are told is Ecstasy really is Ecstasy.

Alcohol

Aside from opioid and prescription drug abuse, alcohol seems to present the biggest danger to people who have diabetes. Alcohol raises BGL and can also result in dehydration. Alcohol-related lows usually come from being too polluted to eat or to remember to eat. When you have been partying, others around you will assume that unusual behavior is from being drunk or stoned, so you might not get the help you need if your blood sugar level is in a danger zone. Be sure that friends you party with know what to do if you start acting strangely, although they may be having their own blood chemistry issues that are altering their behavior and judgment as well.

Boner Drugs, Implants and Vacuum Pumps

Sorry to be the bearer of bad news, but men with diabetes have a three-times higher chance of getting erection problems than men who don't have diabetes. This is because diabetes can cause the small arteries that provide blood to the penis to become clogged. This will decrease the extra blood flow that's necessary to get an erection. It can also cause the muscles inside of the penis to shrink, which would only be a good thing for that rare man whose penis is so big that partners cringe in fear when they see the size of it.

The good news is that boner drugs like Viagra, Cialis and Tadalafil can be helpful for up to 50% of men who have diabetes related erectile dysfunction. Unfortunately, boner drugs are not a cure, and if a man is not able to get his diabetes under control, the boner drugs will stop working. (Penile injections do work in some situations where the pills don't. Talk to an experienced healthcare provider about the options.)

If a man who is newly diagnosed with diabetes has erectile dysfunction or is showing the early signs of ED, his next step should be to see a cardiologist. That's because the penis is one of the most sensitive indicators of cardiac health in the entire body. (Where goes the penis often goes the heart.) This is why most healthcare professionals who see men with ED will often want a cardiac workup in addition to checking for diabetes.

When boner drugs and injections don't help, some men find that penile implants can do wonders.

Vacuum pumps are often recommended in the typical "Ten Tips on Sex & Diabetes" articles, but at least one leading urologist says they are a waste of time in men who have erectile dysfunction due to diabetes. Discuss the options with a urologist if you are able to see one, and if you are going to try a vacuum pump, go for one of the \$100 to \$200 models instead of the \$500+ models, unless your insurance will pay for it. There's not much difference once you get into vacuum pumps that cost three figures, and you can always spend more later if you want. (Some of the best sources for information on vacuum pumps are forums for guys who pump because they find it to be a sexual turn on. Ask and they will tell you more than you ever thought possible.)

Women with Diabetes: Sex Lube, Viagra and Estrogen Gel

There are small blood vessels surrounding the walls of the vagina that allow extra blood to circulate when a woman becomes sexually aroused. This is what helps push natural sex lubrication into the vagina. Diabetes can cause these vessels to become clogged, just like it can cause the blood vessels in a man's penis to become clogged.

One solution is for a woman to use store bought sex lube. Make sure it doesn't have glycerin in its list of ingredients. Some people caution against using lube with propylene glycol as well. Experiment with different kinds of lube, because sex lube can do a number on the healthy organisms that live inside the vagina. (See [Chapter 12. Population: In the Trillions.](#)) Forget what the ads from the sex lube companies say. Some of the lubes with the greatest brand name recognition might be the worst lube for you, or they might be the best. Try different brands and find a lube that works best.

There was also a study from Italy a few years ago that found some women with sexual problems related to type 1 diabetes experienced improvement by taking 100 mg of Viagra a day for 8 weeks. Viagra is a pretty benign drug without many side effects, so you might talk to your healthcare provider about the wisdom of giving it a try if you are having sexual problems related to diabetes.

You might also speak to your healthcare provider about using estriol vaginal gel. Some women find this to be very helpful. Just don't apply the gel to your vagina right before intercourse. You don't want the estrogen being absorbed into your partner's genitals if your partner is a male.

A Vibrator Assist

If diabetes is causing a decrease in the sensitivity of your genitals, you might try experimenting with different types of vibrators. Don't assume that the first vibrator you try will be the one that works best. Different types of vibrators produce different sensations (some thump more, some hum more, and so on).

If you are a woman who is trying a more powerful vibrator like a Magic Wand for the first time, don't start by putting it directly on your clitoris. This can cause an unsuspecting clitoris to feel like it's being zapped by a taser. A lot of women who love the Magic Wand place the head of the wand farther down between their legs, over the lips of their vagina. This helps broadcast the sensations throughout all of the sexually responsive structures in their pelvis. They might then pull the head of the wand closer to the tip of their clitoris and push it back down as needed.

Some women find it feels great to use a vibrator during intercourse, and some enjoy it when a partner wears a vibrating cock ring that they can push their clitoris against. For more on vibrators, see [Chapter 29. Oscillator, Generator, Vibrator & Dildo](#).

There are also men with diabetes who find the sensations of a vibrator or a vibrating sleeve to be helpful in achieving orgasms. It never hurts to experiment with different types of vibrators and sleeves.

Where to Wear an Extra Medical ID

If you're a man who cruises the parks, trails or does a lot of H&H on Grindr and Scruff, put an extra medical ID tag on the waistband in the front of your briefs where it's more likely to be seen. And be sure to wear a medical ID bracelet or tag in the usual places as well, where EMTs or people with medical experience will know to look.

Golden Showers

Peeing before and after sex can help reduce urinary-tract infections. So if you are a female diabetic who gets frequent urinary-tract infections, consider shacking up with a partner who is into golden showers. Peeing on your partner will be killing two birds with one stone or stream, although women who are kinky and infection prone should only be the doers and not the receivers of the golden shower.

Beware Antidepressants and Hormonal Birth Control

There aren't many things that will kill a person's sex drive faster than antidepressants and hormonal methods of birth control. Yet a lot of people who have diabetes are given antidepressants, and a lot of women who have diabetes use hormonal methods of birth control. (Combine antidepressants and hormonal birth control, and it can easily be "Bye-Bye Sex Drive!")

While it can certainly be depressing to deal with diabetes, think twice before heaping more misery on yourself by taking an antidepressant that will destroy your sex drive or make it super difficult to have an orgasm. If you need to take an antidepressant, talk to your healthcare provider about using an antidepressant that won't zap your sex drive or make it difficult to have an orgasm. As for using hormonal methods of birth control, see [Chapter 49. The Pill, Your Sex Drive & Depression](#).

Other Sex-Related Matters

■ Women should watch out for blood-sugar weirdness a few days before and after their periods. If you can find any menstrual-related patterns, make adjustments in your diet, exercise, insulin, and sexual robustness.

■ High glucose in the blood means that more glucose is available in the urine. This can trigger an infection. Plenty of women discovered they were diabetic as a result of recurrent urinary-tract infections. Also, if you get yeast infections, avoid lubes with glycerin and propylene glycol.

■ If you can't live without getting your nipples, navel or genitals pierced, the chances of getting an infection are higher when your blood glucose levels (BGLs) are elevated. Infections will increase the scarring around piercing sites and they will make your BGLs shoot even higher. Make tracks to a healthcare provider at the slightest indication of an infection. Also, tongue piercings will make your tongue swollen and sore, which will inspire you to skip meals, which can lead to a hypoglycemic episode.

■ Safe sex for diabetics includes keeping a pack of Lifesavers or glucose tablets next to the condoms and lube.

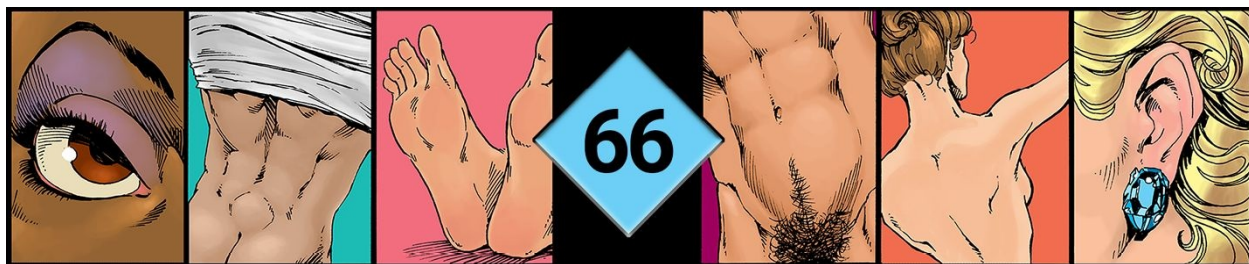
■ *Dangerous and Dumb:* Rumor has it that some girls will skip their insulin in order to keep their BGLs high. This results in decreased appetite. This kind of “weight-loss program” tops the list of dangerous and dumb.

Inspiration from Albert Ellis

One of the founders of sex therapy had diabetes for most of his life. Management had been so difficult that he had to inject himself twice a day. His name was Albert Ellis and he died not too long ago at the age of 93. He said that while staying on top of his diabetes had always been a pain, the bigger pain was if he didn't work to control it. Ellis had been quite the sex radical during his 93 years, and he was even a fan of the *Guide To Getting It On*. Out of the blue, he sent a very kind e-mail saying it was one of the best sex books he had ever read. Imagine that, still reading sex books when you are in your 90s!

Diabetes doesn't mean you can't be as good or bad as anyone else in bed. As with many things in life, it just means that you've got to plan ahead and jump through a few more hoops.

A Special Thanks to Ricky Siegel, Barry McCarthy, and Bill Taverner.



MRIs of Sexual Arousal: Is the Brain Half Empty or Half Full?

When researchers were looking for the parts of the brain that light up during sexual arousal, they discovered that parts of the brain were actually shutting down. This is the opposite from what you would think. Shouldn't sexual arousal light up the brain, with sparks of activity arcing from ear to ear? However, it appears that in order to free ourselves to become fully aroused, we need to shut down parts of our brains. This would validate what women often say who take our sex survey. When asked to describe what intercourse feels like when it's really good, they often say the rest of the world disappears, for example:

“When it's really good, I feel like the world just stops and my mind goes blank and all I want to do is feel every single move, and enjoy each breath. But when its bad, I can't stop thinking about everything other than what is really going on. My mind will be racing.” *female age 22*

MRI or neuroimaging studies of the brain and crotch are the future of sex research. However, there currently exist serious limitations of brain-imaging technology and human behavior. This chapter will give you an idea of the challenges that researchers have to deal with as they are exploring this virgin territory. Understanding the limitations of current technology is especially important given the media's penchant for making way too much of findings that are tentative and have yet to be replicated and validated.

Problems with the Old (and Still Currently Used) Technology

Before sex researchers started using MRI technology, research about sexual arousal and sexual feelings has often included tying strings around men's penises that were attached to gauges that would register changes as a penis became more erect. For women, there were plastic tampons containing infrared sensors that were placed in their vaginas. Researchers would then try to make educated guesses about what it meant when the strings got stretched and the sensors started to sense. This was fraught with peril when you consider that a third or more of the research subjects would routinely be disqualified because their strings didn't stretch convincingly. There were also questions about how representative a person might be who volunteers to watch porn movies in a lab with a probe stuck up her vagina.

Another problem is that when it came to women's arousal, we've mostly been limited to measuring the changes in the blood flow in the vagina. Yet women have a clitoris that's involved in their sexual arousal. We haven't had a very good way of measuring what was going on inside of the clitoris other than slapping a glob of goo on the end of an ultrasound probe and pushing it up against the clitoris. So researchers have had to leave the clitoris out of the equation when measuring female sexual arousal.

With the newer imaging technology, we suddenly have the capacity to not only measure what's going on inside the entire pelvis when it's sexually aroused, but inside the brain as well. All of this while allowing the subject to remain in relative privacy—if you assume having your genitals stimulated while attempting to lie totally still in a large metal cylinder at a university lab is what most people would call private.

The Current Limitations of Neuroimaging

As exciting as MRI-based research will be, for now we need to be mindful that brain imaging in sexual research is still in its infancy.

A research subject's head needs to be kept perfectly still for several minutes while the images are taken. The slightest movement results in signal changes that threaten to muck everything up. And the part of the brain where some of our sexual sensations are processed is located next to a sinus cavity that the brain uses for air conditioning. Even the slightest of head movements is magnified and this creates even more unwanted artifacts than if this processing area were located closer to our foreheads.

Fortunately, researchers can use higher-resolution scans with smaller voxels or volume pixels to get reliable data. Still, try to imagine a research subject having an orgasm while needing to keep his or her head perfectly still for minutes on end. Head movements during MRI studies of orgasm are one of the reasons why these studies must be reproduced in another lab before they should be considered valid, yet few studies have been replicated elsewhere. And MRIs aren't good at dealing with single brief events such as orgasms.

Also, the subjects are often shown porn clips to make them feel sexually aroused while the MRIs are being done. But how do the researchers know what the subject's brain is really processing. Is it processing sexual arousal, or the way the porn actors' bodies are moving (kinesthetics), or the changing frames in the video porn clips or some random thought that popped into the subject's mind?

There's also the question of what happens to the information when it gets inside the brain—is it being compared to similar information that was stored in the subject's mind years ago, or is it being treated as novel information? Is the subject's brain processing the porn clip based on how the subject feels when he has had sex in the past, or is the turn-on strictly in the here and now, with no prior referencing?

Today's neuroimaging technology is still crude compared to what it will be in another twenty to thirty years. Right now, the equipment doesn't focus on the actual neurons that are firing, but on the blood that drains from that part of the

brain. So let's say researchers are focusing on what's happening inside small parts of the brain called the amygdala, hypothalamus, and nucleus accumbens. Small as they might be, they contain oceans of neurons. Using the current generation of MRI equipment to nail down the exact neurons that are involved would be like trying to go to Mars using an iPod as your sole onboard computer.

There's also debate about how long to measure what it is you hope you are measuring, and whether you are actually measuring what you think you are measuring. This depends on a researcher's hypothesis about what areas of the brain are going to be activated. Because researchers use different measurements, it makes it a challenge to compare studies with each other.

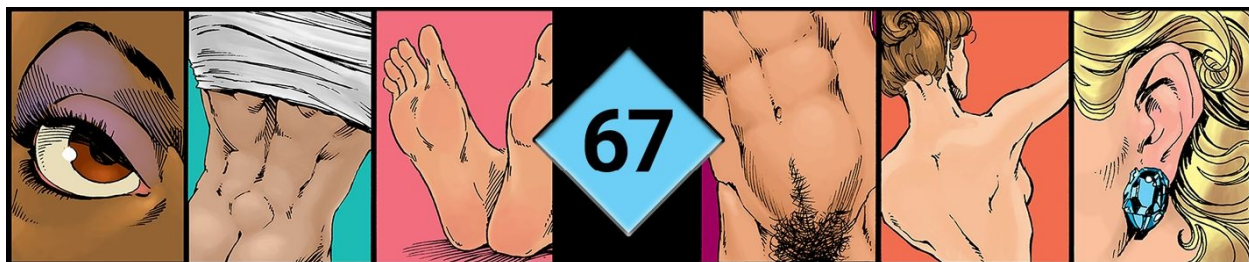
The next time the media runs a story saying that men's brains process sexual arousal differently than women's brains, you might wonder what the study was actually measuring. Was it measuring how our brains process sexual arousal in general, or was it measuring how the brains were processing the specific porn clips the researchers were showing them to get them aroused.

Think of how you feel when you are looking forward to having sex as a partner first arrives, as well as the sounds, smells and actual feel of your partner's skin against yours. Is this the same way you feel when you are watching porn? That's what much of the current brain research assumes—not all, but a good deal of it.

While the current MRI findings are exciting, thought provoking and will be unlocking many of the body and mind's sexual secrets—all things in good time. For now, researchers are just starting to break a sweat.

While reviewing this chapter, a researcher on the forefront of neuroimaging commented: "For many researchers, it's not clear that they have specific research questions when they enter the scanner. Some of the discussion sections seem like exercises in reading tea-leaves."

A Very Special Thanks to Adam Safron of Northwestern University, to Serge Stoleru of the Université Pierre et Marie Curie, and to Claire Yang and Kenneth Maravilla of the University of Washington for their helpful article "Magnetic Resonance Imaging and the Female Sexual Response: Overview of Techniques, Results, and Future Directions" in the *Journal of Sexual Medicine*.



Bashful Bladder

Finding the right home for this unusual subject was such a struggle that it ended up being its own separate chapter. It didn't fit in with the chapter on sex fluids, or with sex at all. But if you struggle with being pee shy, you will be relieved by the discussion that follows.

Being Unable to Pee in Public

You wouldn't believe the number of people who have trouble using public rest rooms, and not because they don't like the smell or have hygiene issues. Being unable to relieve yourself in a public rest room is a very real problem that can limit how far away from home you can venture and for how long. Being peeshy can get in the way taking a urinalysis at work or for a job interview. It's a problem any time you need to pee on demand, like at the doctor's office for a physical exam. People with this problem can even find it a challenge to urinate in a private bathroom while at a friend's home or when at a party.

A college student recently wrote in who was worried because he had enlisted in the Marine Corps and was soon going to ship out for basic training. He would sometimes walk up three flights of stairs in his college dorm to find an empty bathroom where he could pee. He had no idea how he was going to manage in basic training, where there would be next to no privacy at all.

This problem is called paruresis or bashful bladder syndrome. For readers who don't have a bashful bladder, imagine what it's like never being able to take a leak while you are at a concert, baseball game, or when dining at a restaurant. Imagine what it's like when you seriously need to relieve yourself and your bladder freezes up whenever someone walks into the rest room or whenever you so much as think someone will be walking into the rest room.

For millions of Americans this happens each and every time they try to urinate when they are not in their own home. The only safe place they can go for vacation is to the beach. Or maybe someone's swimming pool.

Paruresis exists in different degrees: some people who have it can go in a public rest room as long as they are in a closed stall. Others are unable to go in a rest room if anyone else is there, and some can't urinate at all if they are anywhere but home. They won't even try to enter a crowded rest room after a movie, between classes, or during an intermission at a large event.

You might have the idea that this is a wimp's disorder, *e.g.* "A real man could just whip it out and pee." But plenty of guys who have this problem are tough enough to take on any and all comers. They have no shortcomings with women or sex, and are in high demand on both scores. Not only is it impossible

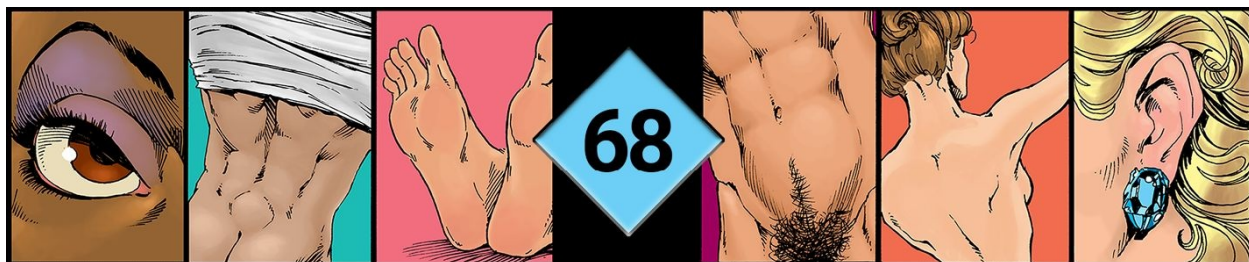
for them to go in a public bathroom, but some need to sit when they urinate at home for fear the stream will make noise and someone will know they are peeing. This is in stark contrast to the independent and able men who they are in other parts of their lives.

The problem often starts before adolescence. Some people with shy-bladder problems can remember back to a specific event that triggered the anxiety. For instance, a kid having to use a group urinal in a baseball stadium with a bunch of grown men who are standing around him peeing six innings' worth of beer. For others, the causes can be more unconscious.

Far more men have shy-bladder syndrome than women, but few women are asked to urinate next to each other without being in an enclosed stall. Guys are expected to go where other guys can watch, casually discussing the weather with each other while whipping it out and doing their business.

The problem can be severe enough that some people need to carry a catheter in order to relieve themselves. But the best way to deal with the problem is with desensitization techniques. For most people, these exercises can provide a decrease in the severity of their bashful-bladder problem. These exercises are described in an excellent book and in the resources that are available at www.paruresis.org.

HIGHLY RECOMMENDED: Shy Bladder Syndrome—Your Step-By-Step Guide to Overcoming Paruresis by Soifer, Zgourides, Himle and Pickering, New Harbinger. Also try visiting their excellent website at: www.paruresis.org. This website provides a great list of articles, resources, workshops, support groups and forums.



Snoring & Passing Gas

The best love-making techniques in the world will take you only so far if your sleeping self passes enough gas to blow the sheets off the bed, or if you snore so loudly that your partner has to check into a hotel to get a full night's sleep. If you snore AND create enough methane to worsen global warming, then your relationship is in double jeopardy.

Flatulence

People who have healthier diets tend to pass more gas. So do people who drink a lot of beer. Whether your gas is from granola or *Three Floyds Dark Lord Russian Imperial Stout*, there are things that you can do to keep your co-workers from saying “here comes the crop-duster” each time you are walking toward them.

While the average arse releases from one to three pints of wind each day, not all air biscuits are created equal. Some don't smell any worse than musty turnips while others are so lethal they can fell men in uniform.

Both men and women have between fourteen and twenty methane events a day. Pound-for-pound, girls pass as much gas as guys.

As for what makes the foul winds blow, it is foods that are full of complex carbohydrates: everything from fresh fruit to beans and broccoli, or virtually anything that's good for you. But carbohydrates alone are not what put the stink in the bomb. When it comes to gas that has the ghastliest odor, foods that contain sulphur are to blame.

Since the array of bacteria in our large intestines varies from person to person, a food that hardly causes a ruffle in Bob's boxers might blow Betty's dress up to the ceiling. And Brooke might be a poster child for the Milk Advisory Board with nary a bark from her bum, while anything more than a cup of milk or a single egg can cause Brianne to clear out an entire auditorium.

If your friends need to issue a foul-wind advisory whenever you spend the night, try to find what you might be eating that is generating so much gas. You also need to determine if your gas is a normal by-product of digestion, or if it is a symptom of a medical condition that can include constipation, ulcers, gastric reflux, irritable bowel syndrome and several other things including cancer. Only a healthcare professional can help you chase down the medical causes. There are also a number of medications that can cause an increase in gas, as well as sugar substitutes such as sorbitol and xylitol.

If you think the culprit is food, it is often combinations of foods rather than just one food that will make your rectum rumble. Start eliminating foods on a trial-and-error basis, and hope it's not the chips and tequila that are causing the

problem. Also, below a certain threshold, things like onions and mushrooms might be fine, but serve yourself a second helping, and you're anus just became a category 5.

As for trying to prevent gas with Beano, simethicone, and peppermint or ginger, what might work for one person won't stop a single toot for the next.

One of the best articles available on the subject of gas or flatulence is by Margaret C. McDonald, *The Facts About Flatulence*. It can currently be found online at www.spectrox.com/flatulence.html.

Also, there is a highly-effective carbon-embedded seat cushion that not only filters out the bad smell, but muffles the sound. It's the same material that is used in Haz-Mat operations, but packaged so well that no one at your sorority will know. You can fart to your heart's content and offend no one. Their website is www.gasbgon.com. We test drove two of them here at Goofy Foot Press. Here's our review: "Tired of your loved ones looking under your chair to make sure the cat didn't die? The GasBGon seat cushion works so well that you can stop blaming the kids or the dog. And you can take one to bed with you, much to your partner's relief."

The GasBGone company makes carbon-embedded underwear and seat cushions for people with massive methane footprints, as well as for the people who love them. Also, if you're a guy who has trouble thrusting without kicking out some serious smells, cut a hole in front of GasBGone fart-purifying briefs to pull your penis through. Too bad GasBGone doesn't make them with a built-in cock ring to help prevent blow-by.

Don't let gas put a cloud of uncertainty over the future of your relationship. Fortunately, there are things most of us can do to get it under control.

Snoring

Snoring is on the short-list of problems that cause sexual partners to sleep in separate bedrooms. Unless the snorer has sleep apnea, he or she is unlikely to be impacted by the snoring, except for wondering why his or her partner is so cranky in the morning.

Snoring is an acoustical nastiness that mostly happens during sleep, because muscle tone in the throat decreases during sleep. The air rushing past the sagging tissue causes vibrations that can make your sleeping self sound like a drowning donkey.

Another cause of snoring could be a blockage in your nasal pathway. This can be from a broken nose, a chronic allergy, infection, or a structural defect. It can either be the sole source of your snoring (called nasal-based snoring), or it can cause you to breathe through your mouth, which greatly increases the likelihood you will snore.

Your tongue can also be contributing to the problem, but you don't have to be asleep for your tongue to get you in trouble.

Being overweight, drinking, smoking, and taking drugs are at the top of a long list of snoring stimulators. Since snoring can have an array of different causes, you'll need to determine the cause or combination of causes before you can find a cure.

You might also have sleep apnea—which is at the Mayday end of the snoring continuum. This is when your breathing stops for more than ten seconds at a time. When that happens, the sensors in your brain suddenly say, “Oops, looks like we're dying!” and they generate a snort that sounds like feeding time at a pig farm. This can happen hundreds of times each night, with periods of dead silence followed by wickedly-loud snorts.

Sleep apnea is always a sign of danger and needs evaluation by a sleep specialist. It can be a forewarning of heart problems, high blood pressure, and diabetes. It can also cause extreme fatigue and depression because it interferes with REM or dream sleep. Treatment might include a special type of mouth piece or a device that blows air into your sleeping lungs, as well as warnings to lose weight, start exercising, and stop smoking and drinking.

You'll find no shortage of people who are happy to take your money for supposed snoring cures. There are also physicians who will surgically hack up the back of your throat in the name of curing the problem, even though there are few studies on the safety or long-term effectiveness of these procedures.

If you are trying to learn more about your snoring, consider getting a voice-activated tape recorder and a mic to put on the headboard or wall above where your head rests when you are in bed. Also, get a clock that speaks the hour. This will activate the recorder so you can learn what part of the night your snoring occurs. Conventional snorers will often start snoring as soon as they fall asleep, while snorers with sleep apnea tend to build steam later in the night. Also, sleep experts can get important clues about the cause of your snoring based upon its pitch, frequency and timing. The tape recording will help them and you to understand more about the problem.

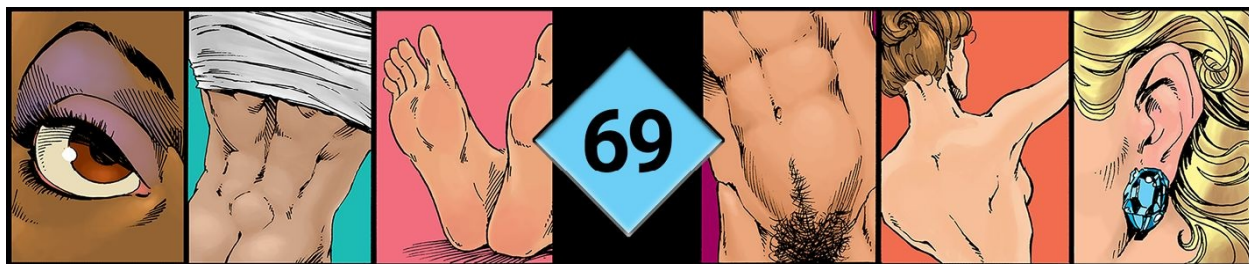
Once a sleep specialist is able to pinpoint the cause of your snoring, research the heck out of it. Under no circumstances should you agree to surgeries or throat injections without getting a second opinion by a specialist who doesn't work with the first one. Spend time on snoring forums reading the posts of people who have had the various procedures.

Recommended: One snoring aid that looks promising are exercises for strengthening the muscle tone in the throat. These were designed by Alise Ojay, a singing instructor in England. They seem to be quite helpful when the problem is caused by lax throat muscles, but they are not a substitute for getting treatment by a competent sleep specialist. Here is the website:

www.SingingForSnorers.com.

Take Heed!

If loved ones are at their wits end due to your snoring, please don't ignore them because you can't hear yourself. Hook up the tape recorder so you can get an idea of what has them in such a state. And then, for the sake of your relationship if not for yourself, set out to learn all you can about the problem. Put together a plan of action, and see if you can't improve the situation.



Explaining Sex to Kids

Let's say that little Billy has gone shopping with his dad for the afternoon and you steal half an hour to lie on your bed with your Beats bolted to your ears, eyes closed and fingers massaging a very important place between your legs. You are all alone and the sensations begin to feel wonderful. Next thing you know, the headphones are being yanked off your head by Billy, who is asking, "Mommy, what color napkins were we supposed to get for the birthday party?"

Or you assume Chloe is fast asleep and you begin enjoying an all-too-rare moment of sex when a small hand suddenly taps you on the shoulder and you hear the words, "Daddy, how come Mommy's sucking on your penis?"

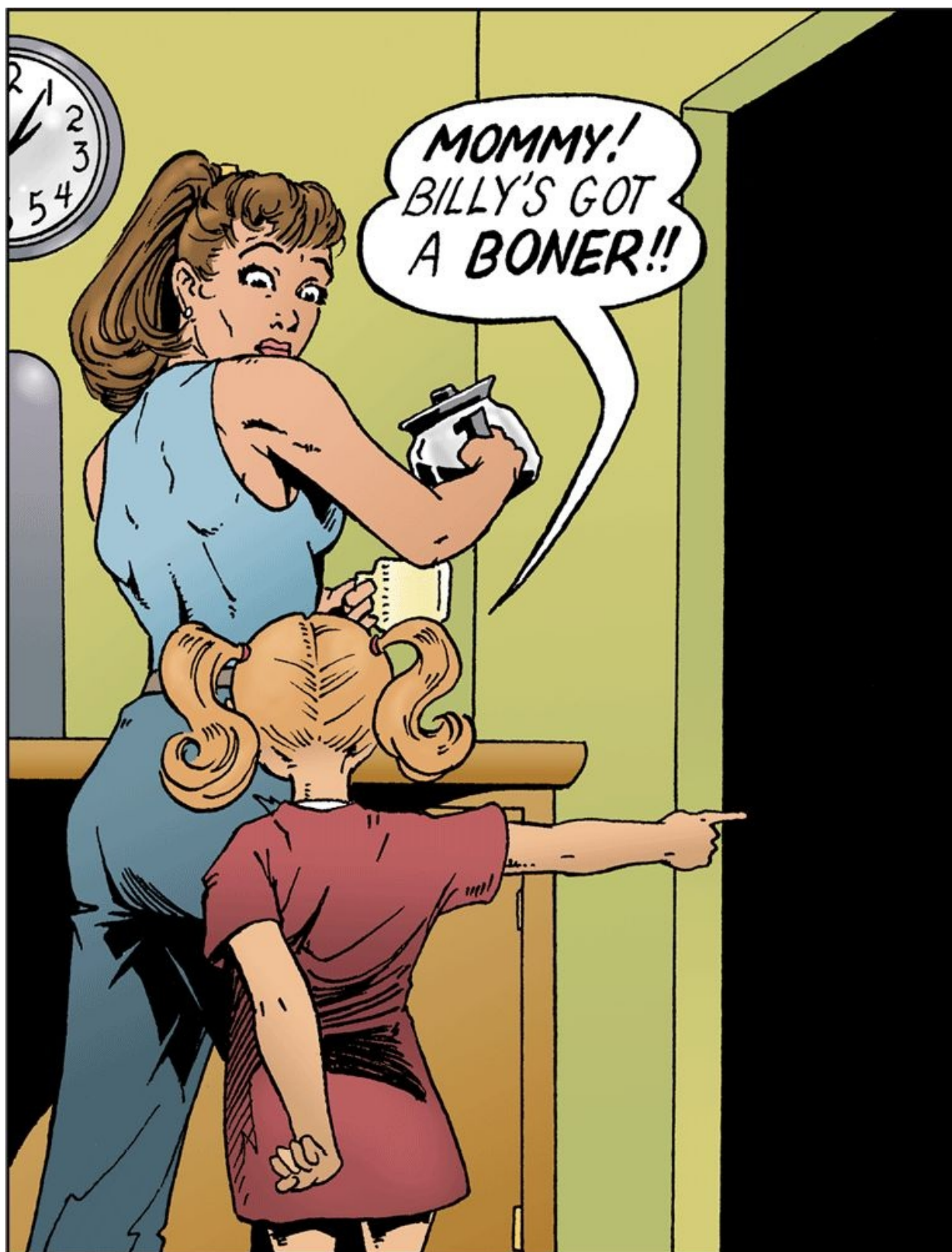
The pages that follow don't pretend to have all the answers about children and sex; they are simply a way of getting you to think about the subject before most parents do, which is sometimes too late for an effective response. Topics range from talking about genitals and masturbation to periods, sex play and porn.

Children's Sexual Development

People often think of sex as something that happens once we become teenagers. Not true. Most of us started having sexual feelings when we were babies. Each time someone changed our diapers and powdered our private parts we had sexual feelings in the most basic sense—nice physical sensations down where the Pampers go.

As children become a few years older, they often enjoy playing sex games with friends and relatives, same sex or otherwise. Sometimes they compare and contrast; other times they enjoy doing things that big people do, like sucking on each other's genitals. Occasionally they might explore by sticking fingers, penises and heaven knows what else up each other's front and rear ends. Eventually you might encounter a third-grade child who has both hands in his or her pants, happily rubbing away, while claiming how yucky it would be to ever kiss on the lips.

As children's minds grow and become more complex, so does their ability to have sexual fantasies that include others. With time, the thought of making love doesn't seem so yucky anymore. Eventually, they might even want to read books like the *Guide to Getting It On*. In the meantime, one parent might wonder if it is normal for her four-year-old boy to be playing with his penis, while another might say, "Thank heavens he's got his penis to play with. It's a never-ending source of pleasure for him!"



Telling Children about Sexual Enjoyment

Parents usually tell their children all there is to know about blowing noses and wiping rear ends, but rarely do they mention that genitals can be a source of good feelings. As a result, children learn it's okay to seek their parents' wisdom on just about everything but sexual feelings. This is unfortunate, because kids need their parents' guidance on sexual feelings as much as they do on wiping their rear ends or learning to drive a car. They will especially need it when they turn nine or ten and start watching porn.

Some parents assume that a 3-year-old who is rubbing her genitals has the same intent and fantasies as a 23-year-old. They either try to stop her or pretend that nothing is happening. Perhaps it would be helpful for parents to understand that their masturbating 3-year-old isn't thinking about how good her day-care bestie might be in bed. The child is simply touching her genitals because it feels good. It is perfectly normal for hands to reach between legs when a child is happy or excited, or at naptime and even when you are reading Dr. Seuss to her. All a parent needs to do is to occasionally affirm "It feels good when you touch yourself there." This gives mom and dad credibility about such matters and lets the child know it will be safe to talk to the parents about things of a sexual nature.

Boys have erections from a very early age, yet parents seldom explain to them that males get erections when they are having fun with their penis, and at other times like when they are waking up in the morning. Parents tell boys they have nice eyes, ears or even feet, but they avoid telling a boy much about his penis or saying anything nice about it. Nor do they tell a girl positive things about her genitals or let an older girl know that her vagina will sometimes feel moist or wet. Yet girls get wet as often as boys get erections. (Parents may need to distinguish between the sexual kind of wet and the peeing-in-your-pants kind of wet.)

Nanny Interruptus

Everyone these days is worried about nannies shaking their baby to death or kidnapping them. Few people think to ask the nanny how she will respond if she encounters your child playing with his or her genitals. It does no good to encourage a healthy attitude about sex when your nanny is slapping the kid's hand and warning of a thousand curses if your child ever touches him or herself again.

Ask about this when you are interviewing for a nanny. Discuss how you'd like these matters handled. Otherwise, much of your hard work may be for naught.

Opportunity Knocks, and Knocks, and Knocks

Four-year-old girl: Daddy, how come boys have penises?

Dad: I don't know. But I do know that boys and girls are both really lucky to have something between their legs that feels so good when they rub it!

The wonderful thing about explaining sex to kids is that you usually don't have to bring up the subject. It comes up on its own. Whether it's dogs mating in the backyard or your kid rubbing her genitals while you read her a good-night story, opportunities abound to make talking about sex a normal and natural part of growing up.

However, parents who explain sex in an open way should be prepared for nasty glares from other adults, because their children won't know it is bad to talk about sex; e.g., "Mr. Johnson, my daddy gets erections. Do you?" or "Sister Mary Elizabeth, does your vagina tingle when you feel excited?"

This kind of embarrassment is nothing compared to how it will feel if the first time you talk about sex is when your 15-year-old daughter tells you she is pregnant. (In some European countries, where children have better access to sexual information from a younger age, the rate of teenage pregnancy is way lower than in the United States. There is no downside in talking to your kids about sex from an early age.)

Playing with Themselves

Since few parents talk about masturbation, their children may regard it as a dirty secret. You can explain it to a child by saying, “Masturbation is when you touch yourself between your legs in a way that feels good.” Or, if your kid loves to hump her favorite bear or some other object, you can say, “They have a special word for humping things. It’s called ‘masturbation.’” When a boy is yanking on his penis or stroking it, it’s no problem to say “When you do that in a way that feels good, it’s called masturbation.”

If your child asks for details and you feel comfortable about it, you can make a pretend penis with a finger while saying, “This is how boys do it” or point two fingers downward and rub the knuckle part to explain how girls do it. Or you can say, “It’s what you’ve done since you were little and you put your hand between your legs about 50 times every day.” Also, it might be reassuring for an older boy to hear his father say, “I started masturbating when I was your age” or for a girl to hear her mother say, “I masturbate, too.”

Keep in mind that masturbation is very common for kids between the ages of 2 and 11, and it’s not unusual for a younger child to hump or rub their genitals up against anything that suits their fancy.

Public vs. Private Regarding Parents

In doing research for this book, the author met with a class of high-school students to talk about sex. Before he had even introduced himself, one of the boys yelled, “Do you masturbate?” It’s not the sort of question he is used to being asked, let alone by a punk with baggy pants and a strange haircut. Embarrassing? You bet, yet to have said anything but “Sure” would have created a serious credibility gap, and it would have been dishonest. Beyond that, it would have been inappropriate for him to have discussed details about his private sex life with the young and restless.

It’s the same when you are parent. It is fine for parents to let their children know that sex is a fun and important part of their lives. But it is neither necessary nor advisable for parents to discuss the details of their private sex lives with their children.

Public vs. Private Regarding Children

When it comes to their genitals, younger children may often need help in learning the difference between public and private. You may need to remind your 3-or 4-year-old numerous times that it's okay to play with their genitals in their room, but not in the yard.

For super-permissive parents who feel that putting limits on children destroys their spirits, keep in mind that children won't feel safe with their sexuality if it is allowed to explode all over the place. If a child won't stop masturbating in a public place, there is no harm in saying, "I know that feels really good, but you should consider stopping it right now if you ever want to eat ice cream again."

Also, older children who constantly rub their genitals might be dealing with emotional anxieties that have little to do with sex. You need to consider how the child is doing with the rest of his or her life. Is this one of many things that isn't going right, in which case a psychological consult could be in order, or is it an isolated problem that you simply need to address.

Naming Private Parts

Parents usually have no problem telling boys that they've got a penis and testicles between their legs, although little boys rarely refer to these items by their proper names. For that matter, neither do big boys.

Female sexual anatomy is mislabeled from day one. What you see from the outside is not a vagina, but this has become the generic term for what is nestled between a woman's legs. Contemporary sex educators get into a snit when people refer to women's genitals as her vagina when it is technically her "vulva," which means lips. (The vagina doesn't appear until after the vulva is spread open, and even then you only see the outer rim of it.)

However, what makes way more sense is to use a term you are comfortable with, and if that's vagina, then call it a vagina. Give it a name that you and your child are comfortable using and that conveys a sense that's way more positive than simply saying "down there." Also, try to avoid cutesy or childish terms, because what you call it now is how your daughter will be referring to her genitals when she's a teenager and an adult.

It is also helpful for parents to label the clitoris. There are illustrations in [Chapter 11. What's Inside a Girl?](#) that you can show your daughter, or simply point to it when she's running around naked and say something like "That's your clitoris; it's a wonderful part of your body. Most women find that it feels really good when they rub it or play with it."

Parents should inform boys about girls' genitals. This way, girls' genitals won't seem like such a mystery and it will help boys be more comfortable in having meaningful discussions about sex with their partners as they get older. Also, it is through such talks that parents can teach boys to respect girls' genitals and to view them as a part of a woman's entire person as opposed to being an object that's there just for sex. Otherwise, how are boys expected to learn such things? From porn?

As for the truly bizarre but popular notion that talking to kids about sex will make them more interested in it—it's hard to know what planet the people who claim this were raised on. Curiosity about sex is hard wired and for many children it can be quite significant whether their parents do or don't ever say a

word about it. When it comes to sex, ignorance about our own bodies and the bodies of others is a recipe for pain, discomfort and negativity.

The Difference between Semen and Pee

In earlier editions of this book, before the average eight-year-old could easily access porn that features women “squirting,” this part of this chapter was about explaining to an older child that semen is different from pee, and that semen comes out of a man’s penis when he has an orgasm, which is called ejaculation.

A concern in explaining ejaculation to a child who had not yet gone through puberty was that he or she might assume you are talking about pee. So it was important to say something about what semen is, and how it is very different from urine.

But now, it would be unusual for a boy (and girl) to not have seen male porn actors ejaculating long before he or she has entered puberty. So most children have at least had a visual showing of how different semen is from pee, not to mention the difference in what a guy has to do to produce semen as opposed to just taking a leak.

Where you’ll need to be on your toes is when a young child has seen porn and is confused about it, or maybe your kid has never seen porn and the old rules will still apply.

Before the proliferation of porn, children might have assumed a man pees inside a woman’s vagina to make her pregnant. One way of avoiding this confusion was and is to explain that there is a big difference between pee and semen. Pee is thin and mostly clear like water and there is a lot of it, while semen is white and thick, and a man produces less than a teaspoon of semen at a time. It might also help to explain that semen is produced when a man is having sex, while urine is produced when he has to go to the bathroom.

It wouldn’t hurt to explain that nature was very smart about this and made it so that a man pees when his penis is soft and will usually only release semen when his penis is hard. You can say that when a man has intercourse or masturbates and his penis is hard, there comes a point that it start to feel really good and warm, and that’s when semen squirts out. Most children will either think this is funny or gross.

Be sure to explain that semen is the stuff that can get a woman pregnant, and that boys don’t start making semen until they go through puberty, which starts to

happen during middle school. Also explain that a man can't get a woman pregnant by simply hugging her or kissing her.

Squirting or Female Ejaculation—Thank You Porn!

Thanks to porn actresses training their bodies to shoot out large quantities of urine during their so-called orgasms, a parent's job has become more challenging when it comes to explaining semen and ejaculation to a child.

If your child has seen porn where the women squirt, you'll be safe to say "While many women release a teaspoon or so of liquid when they are having sex, the women who squirt out lots of liquid in porn are actresses who are usually just peeing and pretending it's something else. This is not something most women do when they are having sex."

Do not get into a conversation about the origins of "female ejaculation." There are few trained sex educators who would know how to explain this to a child, and there is very little research on the subject to begin with. What is known about "female ejaculation" is discussed in [Chapter 11. What's Inside a Girl?](#) The only reason it would or should ever come up in telling your children about sex is if they've seen porn that features porn actresses who "squirt" and ask you about it.

Child-Abuse Warnings

Now that our society is so revved up about child abuse, we've got parents and teachers telling young children, "Don't let anyone ever touch you down there!" Think about this.

In this day and age, the first time parents mention sex to children is often through warnings about sexual abuse—complete with deep, measured parental tones that barely hide mom and dad's fear and concern. Consider how dumb it would be if the first thing parents told kids about bike riding is how many scraped knees, broken bones and fractured skulls they are likely to get. At best, the child would learn to hide his excitement and questions about getting a bike from mom and dad. And if the kid did have a bad encounter on a bike, it is only natural he or she would try to hide that, too, and perhaps feel horribly guilty.

Why not establish a good rapport about sex with your child from early on? Then your child can take in your warnings about child abuse with intelligence rather than guilt or trepidation.

As for an abuse prevention strategy, try giving young children a sense that their bodies belong to them and no one else. Tell them they don't need to give hugs or kisses if they don't want to. If parents respect this in their interactions with the child, then the child will learn from an early age that it's okay to say "no" to unwanted physical touching. Although good luck making that one fly when grandparents or other family members arrive and want to hug junior, and you find yourself glaring at your reluctant kid with a forced smile, saying "Give your grandmother a hug!"

When your child is older and able to speak with you about sexual matters, be sure to tell she or he that "No one should touch you in a sexual way unless it's what you want." Inform girls that this especially includes boyfriends.

Let your child know that no adults should ever touch his or her genitals and bottoms or ask to see them undressed unless it's at a doctor's office when mom or dad are present, or it is with a helping teacher whom mom and dad say is okay. If anyone ever touches them anywhere on the body or takes pictures of them and says to keep it a secret, they should tell you anyway. Also encourage them to tell you about any kind of touching that makes them feel strange or

uncomfortable. And tell them if a stranger ever asks for their help in finding a lost pet, to come straight home and get you.

Some parents tell their children there are “good kinds of touch” and “bad kinds of touch.” This is too abstract and is seldom helpful, as children often confuse “good touch” and “bad touch.” Any child abuser worth his or her salt will be able to turn this around to his or her advantage.

One of the greatest tools you have in combating child abuse is to spend lots of time with your child, being a real and vital part of his or her life. Children who only get limited amounts of time from their parents (aka “quality time”) are far more likely to be interested in the attention that child abusers have to offer. Child abusers are very savvy in their ability to select children who aren’t getting enough attention at home or who have lots of unanswered questions about sex. They then become the involved, exciting and understanding adult figure the child longs for. They end up doing your job for you, and, unfortunately, more.

Children's Questions about Sex

Some parents overwhelm young children with biological facts about sex. A five-year-old can't understand the concept of Fallopian tubes! If a child under the age of five asks, "Where do babies come from?" it's fine to say the baby grows in mommy's uterus and point to your lower abdomen. A child might want to know how the baby gets out. You can explain there's another hole between their poop hole and pee hole called the vagina where the baby comes out.

When you explain sex, try to make it a "we" thing when possible. This means that if children want to know how sperm gets from daddy's body into mommy's body, consider saying, "Mommy and Daddy place Daddy's penis inside of Mommy's vagina," and not "Daddy places his penis inside of Mommy's vagina." For birds-and-bees information, you might find a book with fun illustrations and read it together with your child.

Once a child asks you an actual question about sex, it often means they have already created a scenario or answer to the question in their own mind. So instead of diving into an answer, you might start by asking your child to tell you what he or she thinks the answer is. That way, you may get more clues about what he or she really needs to know. If there is no evidence your child has already formed a hidden hypothesis, answer the question the best you can.

When it comes to questions about sex, or anything else for that matter, don't be afraid to tell a child that you don't know the answer. Acknowledge that it's a really good question, and say you will do your best to find an answer. Then ask a friend, find a book or do a browser search. This way your children will know you take their questions seriously and they will feel free to ask for your help in the future.

Keep in mind you may be asked the same question about sex ten or twenty times. It could be that young children have a need for repetition, or maybe they get a secret sense of joy from seeing mom and dad break have a breakdown after they've been asked the same question so many times. Also be aware that you will be giving a very different answer to a 5-year-old's question about intercourse than you will to the same child when he or she is 10 or 15. Just because you answered a question when your child was five doesn't mean you

won't be answering the same question every couple of years, but each time in a more age appropriate way.

A Normal Five-Year-Old's Feelings about Sex

“In second grade, a little boy kept squeezing my vulva and it felt so good and tingly and warm and throbbing that I waited quite a while until I told my teacher!” *female age 23.*

One day, the mother of a 5-year-old girl whose lifelong best friend had been a boy of her own age was shocked to find both kids buck naked with the little boy's fingers between her daughter's legs. The mom's first thought was to break every bone in the little boy's hand, but her daughter was just as happily involved as he. So she went into the kitchen and forced herself to count to 20. She then decided the last thing she wanted to do was respond as her own mother would have.

Rather than being guided by her initial response to protect her daughter, the mother asked the little girl how she felt about the way her friend had been touching her. Realizing that it was safe to answer truthfully, her daughter replied that it felt so wonderful she simply couldn't find a way to say no!

Since then, this little girl has asked her mother questions about who can touch her genitals and how to say no if she doesn't want them to. She asked these questions on her own initiative without being prompted by her parents. Few moms and dads have “perfect” answers for such questions, but just letting your child discuss it with you can be amazingly helpful. It helps the child learn how to use reason when dealing with sex.

It is likely that when this little girl becomes a young woman she will have more respect for her own sexuality than the vast majority of her peers. Her sexual decisions may even be the result of good judgment, instead of the all-too-common adolescent rush to just do it because the opportunity presented itself. Also, it seems she values herself and won't be agreeing to sleep with a boy out of fear that he will go away if she says no.

Don't for a moment think you should avoid setting limits on your children's sexual behavior. Parents who set no limits on their children's behavior raise obnoxious brats. Instead, why not think about strategies that might be more effective than simply yelling NO!—although there are times when your meanest stare and a firm “no” are fine parental responses.

When Children See (or Hear) You Having Sex

If a young child walks in when you are having sex, cover up slowly and try not to look like you were doing something bad, because you weren't. One of you should take the child back to his or her own bed and tuck the kid in. It's a good idea to ask the child in a fun voice, "What did you think Mommy and Daddy were doing?" This will help you to know what they saw and how they interpreted it; e.g., "Daddy was hurting you!" Resist saying, "I'd be very happy if daddy hurt me like that more often!"

If the child has a negative read on what he or she saw, kindly disagree with their interpretation and give it a positive spin. You might say in a reassuring voice that you and daddy were having sex which was a lot of fun and you will be happy to talk about it in the morning. Even if the child doesn't ask, try to raise the issue the next day.

Parents who make a fair amount of noise when they are making love should consider telling their young children about it, saying that mom and dad sometimes make noises at night when they are sharing sexual feelings. Explain that these are happy noises which are very different from the noises that mom and dad make when they are fighting. This is an important distinction to make.

The good thing to know about being seen by your kids is that Dr. Paul Abramson and colleagues at UCLA completed an eighteen-year longitudinal study about this. 18-year-olds who, as kids, had walked in on mom and dad when they were having sex showed no differences from other 18-year-olds. In fact, young boys who walked in on mom and dad actually seemed to demonstrate a better long-term outcome than those who didn't.

“Why Can’t I Watch You and Mommy Have Sex?”

You’ve worked hard to be an open, honest parent about sex and your child suddenly rewards you with the statement, “I want to watch you and Mommy have sex!” Instead of convulsing with panic, regard this as yet another opportunity to talk about privacy and sex. “One of the things that makes sex so special for Mommy and Daddy is that it’s private, just between the two of us. Since sex between us is private and personal, I wouldn’t feel comfortable having anyone else watching.”

“Well, what about that time I saw you kissing Mommy’s vagina. Will you kiss mine?” “Your vagina is very sweet and nice. But I wouldn’t feel comfortable kissing it like I kiss Mommy’s because it’s a private sexual thing that I only do with her.”

Nudity at Home

“Nudity was a normal part of bathing, dressing, getting up in the morning or going to bed at night. I think this is ideal. Kids get a lot of reassurance and education from the occasional observation of natural (not contrived) nudity.” *female age 35*

“My daughter always felt comfortable walking around the house naked, but my teenage son is so modest that nobody can remember seeing him naked since he was five years old!” *male age 65*

Is nudity around the house good or bad? A retrospective study of college students compared how much nudity they reported when growing up with their current levels of sexual activity. There was no correlation between high levels of nudity at home and sexual promiscuity at college. Kids who reported higher levels of nudity at home seemed to report more feelings of warmth or security when away at college. Perhaps one reason for this is because it's easier for them to adjust to communal bathroom and shower situations that are common in college life. It's also possible they feel better about their bodies.

Parents' Sexual Feelings about Their Children

Our society gives parents little guidance about sexual feelings toward their children except for blanket condemnation. Children of all ages are able to evoke sexual feelings in parents, from a nursing experience that leaves a baby's mother with pleasant genital sensations, to a teenage son whose developing body gives mom an occasional sexual stirring, perhaps reminding her of the excitement she used to feel when seeing the boy's father when he was younger. The problem isn't in having occasional sexual feelings about your children; it's in what to do with the feelings.

For instance, let's say a dad is playfully wrestling with his young daughter and finds he is getting an erection. A healthy dad might think to himself, "Oops!," beg out of the roughhousing, and say to his daughter, "Why don't you grab the mitts so we can work on your pitching?" or "How about a game of Scrabble?" A less-healthy dad might keep doing the same activity over and over without adjusting to the reality of the situation.

Upon discovering their own arousal, some very good dads withdraw from all physical and sometimes even emotional contact with a child. In these cases, dad's own harsh superego can ruin a very important parent-child relationship. This can be quite sad for both parent and child, assuming the relationship had been a healthy one to begin with.

As for mother-son feelings, let's say that mom enjoys rubbing her teenage son's back, but finds she is starting to have a sexual response. Maybe it's time to give Junior a quick hug instead and realize it is more appropriate for him to have his back rubbed by girls his own age. Or maybe mom enjoys the way her son's teenage body looks. This is fine, but it starts to cross the line if she ends up in his bedroom when he is getting undressed. Particularly troublesome are lonely moms who encourage their sons to share the bed with them, unless such conditions are dictated by poverty. The same is true for lonely dads.

Problems sometimes abound in families where the parents' sexual relationship is not a particularly good one. One of the children might decide it's up to him or her to be a replacement spouse. Especially destructive are situations where the parent alternates between being seductive and puritanical.

Why There Aren't Universal Standards

It's not possible to set specific rules and standards for all households. For instance, nudity in one family might be perfectly healthy, while nudity in another family might be part of a syrupy, seductive mess. And while it would be best for parents to put boundaries on one child's sexual expression, another child might do well with the opposite kind of response. A teenager who is an exhibitionist with his or her naked body can use some limit-setting, while a highly-inhibited child who is embarrassed about his or her body might find it helpful to hear that it's okay to be naked.

Another example involves a young child who enjoys masturbating before naps. This is perfectly normal. However, a child who rocks and masturbates anxiously throughout the day needs help.

It would be nice to say that common sense should prevail, but when it comes to sexual development, there isn't an abundance of collective common sense in our culture.

Explaining Puberty

“When I got my first period I was excited, but then my mother wouldn’t let me climb trees or play with the guys anymore.” *female age 55*

“My mom had always been really open with me, so I was prepared when my body started changing. I was even glad to get my period. *female age 19*

“None of my clothes fit anymore. I’d consume everything in the refrigerator and would still feel hungry. My armpits had never perspired or smelled. Suddenly, it was like someone had turned on a faucet under each one. I dreaded being called on in morning classes, because I’d often have a raging hard-on. My beard was uneven and strange. So I appropriated one of my dad’s razors and started shaving. I didn’t know why I was suddenly having wet dreams, and I used to hide my underwear and wash them myself so my mom wouldn’t see the stains. I was sure I was damaging myself by masturbating, but couldn’t stop to save my life. Hair started growing from my neck down. And suddenly there were zits. That’s what I remember of puberty. It would have been nice if a parent or some adult had taken a moment to explain some of these things to me.”

male age 44

It never hurts to let your children know their bodies will change as they get older. You will need to address the issue in different ways depending on your child’s age. For instance, it’s usually enough to tell a 7-year-old that puberty is what happens when you start looking like an adult—that boys get taller, their voices deepen, they start getting hair under their armpits and around their genitals. You can say that girls’ hips start to get wider, they grow breasts, and their armpits and genitals get hair too.

When your child is a few years older, you can explain that puberty is a process that takes a couple of years to complete and it usually starts to happen for girls when they turn 10 or 12 and for boys when they turn 12 or 14, give or take. Mention that puberty is the time when girls start having periods and boys start to produce semen when they have orgasms, and that everyone’s genitals start to look more adult-like (this is nothing they won’t know from having seen porn, but it’s good to hear it from you). Be sure to talk about teenage boys and

unwanted erections, (see [Chapter 5. On the Penis](#)).

Kids can be awfully cruel toward other kids who are in the throes of puberty. Let your child know you will wring his or her neck if they make fun of another kid whose body is changing.

Explaining Periods to Girls and Boys

“Puberty was not a really big deal for me. I read *Are You There God, It’s Me Margaret*, so I knew what my period was when I got it, although my mom never bothered to tell me.” *female age 25*

“I was afraid I would just start bleeding sometime and that it might go through my clothes and I would be embarrassed.” *female age 49*

“My first period was a celebration. I was at my friend’s house and I noticed bleeding between my legs. I rushed home to tell my mother, fully aware I was having my period. She was thrilled, and we went out to dinner to celebrate.” *female age 18*

Besides warnings about sexual abuse, the only time when many parents mention sex to their daughters is while explaining menstruation. What a sad association, bleeding and sex.

As children, we learn that blood is a sign of bodily injury. We are never told that some bleeding is good for us. So when girls start having their periods, remind them that period flow is a sign of health. Periods are the body’s way of giving their uterus a monthly makeover (out with the old tissue, in with the new).

Girls are now menstruating at ages 10 or 12; their grandmothers started menstruating when they were three to four years older. The bodies of girls are more developed than their grandmothers,’ but their emotional development is about the same. This means they will need encouragement and support from their parents in negotiating the puberty process, especially if they started having periods earlier or later than most of their friends.

Periods can also represent a loss of control that a girl formerly had over her body. It can feel unfair that girls get periods and guys don’t, and some girls get really bad cramps, which is more unfair. You’ll want to be sensitive and empathic about the downsides of menstruation, without going overboard. For more on periods, see [Chapter 27. Surfing the Crimson Wave \(From Period Gear to Period Sex\)](#).

It’s also important for boys to learn about periods and period gear. Too many boys act strange, disrespectful and downright mean about women’s periods.

Instead, they should be taught to be kind and helpful when a girl is having her period, and thankful that they don't have periods themselves. They won't learn any of this unless parents take the time to teach them.

Growing Girls

Young girls tend to be self-conscious about physical changes, especially around fathers and brothers. If that's the case, don't be talking about tampons and bras when the guys are around. Hopefully your daughter won't be too sensitive, because these things are a normal part of life and it shouldn't feel strange to talk about them when dads and brothers are present.

If your daughter matures earlier than her friends, you'll need to be aware that other girls might shun her and boys might tease them. Keep reminding her that things will be fine in a year or two when everybody else has started to mature. It can help if she is involved in activities like sports or clubs, where value is placed on achievements and abilities.

Also, you can't tell your daughter often enough how the models in most magazines are *Photoshopped*. Most women don't really look like that. And remind them that a lot of skinny actresses think nothing of barfing up a perfectly good meal so they won't get "fat."

Teenagers & Sex

“I used to pretend my friend Heather was another boy that I liked in school in fifth grade and we would touch each other’s vaginas and breasts and have a lot of fun until my Mom found out and sent me to a psychiatrist for being a lesbian!” *female age 24*

If you ask a group of teenagers if they are emotionally ready to have sex, most will say yes. If you ask their parents whether their teenagers are emotionally ready to have sex, most will say no. Chances are, your teenagers do not view sex the way you wish they would.

As a parent, you can’t expect a teenager to be verbal about sex just because you have suddenly decided to offer wise counsel. Having an open dialogue about sex is an option that some parents lost when the child was 3 to 5 years old and the parents avoided saying anything about sex. This is why it’s so important to at least tell young children the names of their genitals and be open to talking about in a way that’s age appropriate. If mom and dad ignored doing this when their child was young, it might be uncomfortable for the child who is now a teenager to suddenly start talking about sex.

If there is tension between you and your teen, or if the kid is engaged in reckless acting-out behavior, you might do better to solicit the help of a favorite aunt, uncle, teacher or therapist to whom the teen is more apt to open up to. And if there are problems, you will need to become more involved in their lives than you might currently be.

When Teenagers Ask on Their Own

Let's say your teenager asks you one of the following questions about sex: "What if you get so nervous before having sex that you feel like throwing up?" or "Would I have to leave home if I got pregnant?" or "How do you know if you're gay?" Don't assume that she or he is thinking is about to have sex, is pregnant or is gay. Maybe your kid saw something on the TV or YouTube and is putting him or herself in the other person's place. Or maybe not.

Try to respond by saying things that will help expand the question into a discussion, such as "What are your thoughts about that?" or "I'll be able to give you a better answer if you could tell me more about your question." This buys you precious time, which parents can never have enough of when being asked questions about sex, and it helps you squelch any potential screams that are about to explode from the depths of your parental soul.

You might take solace from the following words by sex educator Debra Haffner: "Like most parents, I have found myself at a loss for words when a question I never expected popped up. There have been times when I have responded in ways that I later regretted. I struggled with how to respond to my daughter when she asked about the Bobbit case, and then about Michael Jackson, and Monica Lewinsky." (Debra's kids are now grown, but there will never be a shortage of bizarre stories about sex in the news.)

If yet another actor dies from erotic asphyxiation or your child stumbles across an anime version of her favorite Disney princess having sex with an octopus, don't think you need to come up with perfect answers when your kid looks at you with a puzzled face. The most important thing is to provide an atmosphere where a child can ask difficult questions and know it's okay to think out loud about sex.

Wouldn't It Be Nice If...

Parents seldom talk to their children about the qualities that are desirable in a lover, or provide them with questions to ask themselves about someone who they are thinking of having sex with. Perhaps you will find some of the following to be helpful to raise with your child about what they might want in a sexual partner.

- What are some of the reasons why I want to have sex with this person?
- Why does he or she want to have sex with me? Is it for fun, romance, a personal quest? Is this person truly interested in me?
- Am I physically excited about having sex with him or her?
- Does having sex mean something different to him or her than it does to me?
- Do I know what it feels like in my body to be sexually excited?
- Do I want to have an exclusive relationship? If so, at what point should we have the exclusivity talk?
- Am I aware that sexual arousal can happen in different ways for women than for men and that it can occur more quickly for one partner than for the other?
- Does the person I want to have sex with know that there are major differences between sex in porn and sex in real life?
- What kind of stimulation would I need before we have intercourse in order for it to feel good?
- Would we feel comfortable discussing what we do and don't want to do ahead of time?
- Are there ways we could please each other sexually without having intercourse?

■ Who sticks his penis in when we have intercourse, and how can we do it in ways that will make it feel better?

■ How do I get feedback from my partner about what felt good and what didn't? How do I tell him or her what felt good and what didn't for me?

■ How do I say no to someone who is pressuring me to have sex?

■ What are the most effective methods of birth control, and how do we make sure we are using one of them?

■ Am I aware that some of the cleanest, nicest and best looking people can give me sexually transmitted infections that are difficult to treat and could make it impossible for me to ever have children—infections that they don't know they are carrying because they don't have any symptoms?

■ What would we do if we had intercourse and became pregnant? Who do we turn to? How would we tell our parents? Would we face it together? Am I ready to be a parent? (No teenager should begin dating without discussing ways of preventing pregnancy and sexually transmitted infections with his or her parents.)

The Qualities of a Sex Partner

The mere thought of asking an 11-year-old what qualities she would want in a sexual partner would send most American parents into shock. But let's think about it. If you as a parent don't introduce the notions of consent and respect in sex, where else are your children going to learn? From porn? From the other kids at school?

There is nothing wrong with talking to your child about the difference between a partner who's just trying to get into your pants and one who is going to be a caring and loving sexual companion. Ask your kids what they think about someone who says "I won't go out with you anymore if we can't have sex."

Make sure it's you who plants questions about a potential partner's character in your child's mind; eg: Are his or her friends good people? Do they drink or get loaded a lot? Is he or she responsible and caring toward family and friends? And what about introducing the expectation that a good partner is one who is trustworthy and dependable and says things such as, "How can I help?" or "I'd really like to please you. What can I do?"

None of this is going to stop your kid from shacking up with someone who is truly despicable, but it does kick into motion the idea that it's important to choose your sexual partners wisely. With enough intelligent concern and involvement on your part, your kid may even search out a sexual partner who has some of the characteristics and values that you do.

How Porn Is Impact Boys and Girls in Middle School and High School

Porn has become the sex educator of our young. It is having a massive influence on how young boys think sex should be in real life. Please, have talks with your pre-teen and teenage sons and daughters about the differences between sex in porn and sex in real life. If you need ideas, there are four chapters in this book on porn (Chapters 32-35): [Chapter 32. The Fairy Pornmother](#), [Chapter 33. Porndoggie's Dirty Dozen](#), [Chapter 34. When Women Watch Porn](#), and [Chapter 35. How the Internet Killed the Plumber in Porn](#).

With a lot of kids now watching porn since the time they turn ten, boys are being given the idea that any girl should want to have sex at any time, just like the women in porn do. Parents have no idea how much pressure boys are placing on girls to have sex, and how early they start talking to girls like men talk to women in porn. You need to speak to your daughters and sons about this. If your daughter is being impacted by this, complain to the school administration and to the school board. Administrators will often say "It's how culture is today and we can't do anything about it," but that's no excuse for middle school or high school students having to deal with conversations in the hallways that sound like they were scripted by the producers of porn.

Condom Advice — For Teenage Boys

There is a list of links at www.guide2getting.com/condom-sampler-packs where you can get sampler packs from online condom sellers. Buy a sampler pack for your teenage son that includes different sizes and shapes of condoms and a tube of lube he can stroke his penis with after he tries wearing the different condoms. Tell him these are for him to see what condoms feel like and to find a size and shape of condom that feels best on his penis. Explain that it's a good idea to try masturbating with a condom on, which is the condom equivalent of taking a test drive. (Most boys will try masturbating with a condom on to see what it feels like anyway, but it can help cement the importance of using condoms in your son's mind when his parent is the one who actually suggests he gives it a try.)

Also tell your son to pay attention to how long it takes after he ejaculates before his penis starts to get soft. That's how much time he has to pull out; otherwise the condom might stay in his partner's vagina. Explain that this is why he needs to clasp the condom around the base of his penis as he is pulling out. And show him how to tie off a condom after he's done. Otherwise, his semen will run out of it and make a mess. There's more about condoms in [Chapter 24. Condoms: For The Ride of Your Life.](#)

Condom Advice — For Teenage Girls

Give your daughter a handful of condoms, a tube of lube and a penis-sized banana. Try putting the condom on the banana together. If this doesn't result in giggles and laughs, you're being way too serious. For even more fun, blow some of the condoms up as far as you can.

Explain that the condom material comes out of the center of the ring as she rolls it onto a guy's penis. Also explain that as soon as a guy ejaculates, his penis starts to shrink. This means that either he or she should clasp the condom with her fingers and push it against the base of his penis as he withdraws so he won't leave it inside her. Let her know it never hurts to put a little lube on the outside of the condom before having intercourse. This will help it slip and slide better. Maybe you can try reading the condom instructions together.

Be sure your daughter and son have morning-after birth control pills. Discuss how important it is to take them right away if they didn't use the condom, or if the condom came off or broke.

More Effective Birth Control Than Condoms

Condoms are way better than using nothing, and they are the only form of birth control that helps prevent the spread of sexually transmitted infections. But they aren't the most effective form of birth control, and people don't always remember to use them.

The most effective, hassle free methods of birth control that are a great choice for most teenage girls are IUDs. Many gynecologists use them for their own birth control. Please speak to your gynecologist or local Planned Parenthood about IUDs. (While the implant is highly effective, it can be a hassle to remove if it causes problems, and there can be other side effects that can make the IUD a better choice for a lot of women.)

Birth control pills are more effective than condoms, but how many teenagers can remember to take them every day? (How many adults can remember to take them every day?) The effectiveness of birth control pills goes way down with every skipped pill.

Teenage girls who know what kind of birth control their mother uses are more likely to use birth control themselves.

Odds'N'Ends for Parents To Consider

■ If you have a son, make sure he's got a box of Kleenex next to his bed. When it's all used up in three days, don't make smart remarks like "I didn't know you had such a bad cold." Better you have to stock up on Kleenex than on diapers and formula if he gets a girl pregnant when he could have been home jerking off.

■ Teenage girls can become very wet when they are sexually excited. But it's also normal for them to get wet when they aren't sexually excited. Moms need to assure their daughters that getting wet is perfectly normal and it's what vaginas do.

■ If your child has never helped with the laundry before and suddenly begins to wash his or her own underwear or pajamas or starts to hide them, be sure he or she has proper information about periods, masturbation and wet dreams.

■ Abstinence-based sex education does not significantly delay the onset of intercourse. Purity rings are a bad waste of time, and creating guilt about sex never kept a single girl from having an unwanted pregnancy.

■ Let your kids know it's fine to wait until they are older before having sex with a partner and that masturbation is what you do in the meantime, which is why nature made our arms the perfect length in order to masturbate with.

■ Inform your kids that what they see on TV and in movies about sex is usually pretty twisted, exaggerated and outright incorrect.

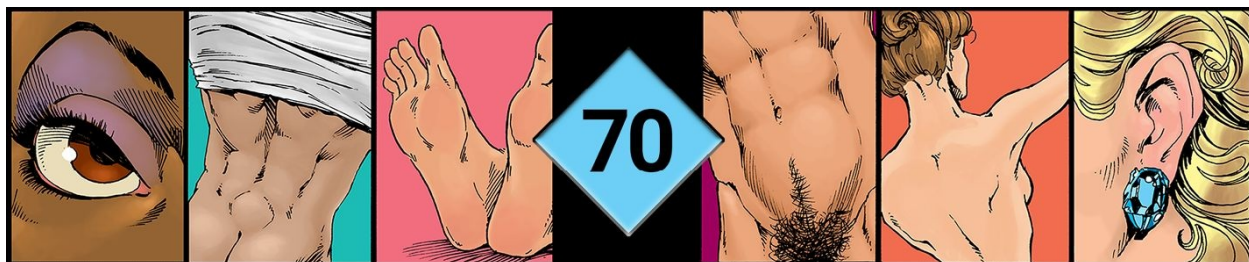
A Final Word about Boundaries

Good kids do not always make good decisions. If you give children enough rope to hang themselves, most will. On the other hand, no kid ever lost a friend because their parents insisted on knowing where they were and with whom. No teenager ever died because his or her parents set a curfew on weekends. No kid ever shriveled up and blew away because parents checked in with each other to make sure an adult would be home when their kid was sleeping over.

Your kids will have plenty of time to do what they want once they are adults. Until then, it is your job as parents to get them there as safely as you can.

HIGHLY RECOMMENDED: The Secret Lives of Teen Girls: What Your Mother Wouldn't Talk About But Your Daughter Needs to Know by Evelyn Resh, Hay House. As parents, we often deny our daughters' emerging sexuality or make it clear that we expect them to deny it. Evelyn Resh's book for parents of teenage girls addresses this disconnect. It offers us more effective ways to deal with our daughters' sexuality, including the use of humor to diffuse situations rather than threats or pretending it's not an issue. Ms. Resh has spent years working with teenage girls, helping to guide their growth when their parents were not able to acknowledge the sexual milestones they had reached. Whether you agree with Ms. Resh's perspective or not, this book is helpful because it frames the sexuality of teenage girls in ways that actually make sense.

Special thanks to Bill Taverner, editor of the *American Journal of Sex Education*. And to Debra Hafner's *From Diapers to Dating: A Parent's Guide To Raising Sexually Healthy Children*, Newmarket Press, for a reminder about nannies and some of the other things mentioned in this chapter.



Sex in the 1800s

Sex in the 1800s was fascinating. So fascinating that the authors of America's definitive reference series on sexual health originally asked me to write this chapter for their four-volume set.

In the pages that follow, you will discover how prostitution was a vital part of American culture long before men and women started dating. Time and technology would need to intervene for dating to evolve.

If you had been a young man in the 1800s, you might have had sex with prostitutes on a weekly basis. And unlike today's teenager who works at the mall or at Burger King, if you were a 16-year-old working-class girl in the 1800s, you most likely would have been a maid or seamstress who worked 60 hours a week for pennies a day, or you may have turned tricks in a brothel.

In this chapter, you will also learn about the birth of pornography as we know it today, about condoms that only covered the head of a man's penis, and about oral sex in the century of the Civil War. Best of all, learning about sex in the 1800s will help you have a better perspective on sex today.

Many of the facts and perspectives used in the pages that follow are from the authors listed below. Without their efforts, we would know little about the incredible richness of America's sexual landscape in the 1800s:

Helen Lefkowitz Horowitz, Timothy Gilfoyle, Elizabeth Haven Hawley, Janet Farrel Brodie, Andrea Tone, Al Rose, James Morone, Sharon Ullman, Alecia Long, David Nasaw, Lewis Erenberg, George Chauncey, Alan Brandt, Anne Seagraves, Ruth Rosen, John & Robin Haller, Karen Lystra, Thomas Lowry Patricia Cohen, John Donald Gustav-Wrathall, Mark Carnes, William Cohen, Elizabeth Reis, Jan MacKell, Anne Butler, James Kincaid and Angus Maclaren.

Bicycle Seats or Live Sex Shows?

There are all kinds of ways to learn about sex, from downloading porn to taking your clothes off with someone you love. Each lights up a different part of your brain and feeds a different part of your curiosity.

Of all the ways to learn about sex, the chances are excellent you have never read about the ways our forefathers and foremothers did it in the 1800s. This chapter invites you into a lovemaking time machine. You'll get to look at how our great-great-great-grandparents got it on when they were young.

Just like today, sex in the 1800s had its contradictory ups and downs. For example, let's take a brief look at two things that you wouldn't think would be happening in the same century at the same time: live sex shows and concerns about women on bicycle seats.

Live Sex Shows: If watching live sex shows is what turns you on, it was much easier to find one in the 1800s than it is now (with "live" meaning being there in person as opposed to watching on a webcam). Consider *The Busy Fleas*, a trio of young women who made up one of New York's City's most famous live sex shows. For \$5, you could stand close by and watch the three Fleas get very busy, sexually speaking. No one carded you at the door. You would watch the girls give each other oral sex, do themselves with dildos, place cigars in their vaginas and rectums, suck on each others' breasts, and lick freshly poured beer off of one another's vulvas while their legs were tucked behind their necks. At the show's conclusion, you might be one of the lucky audience members who would get to have sex with one of the performers while the other men in the audience watched and cheered you on. As sexually explicit as this might sound, *The Busy Fleas* sex show was tame and downright virginal when compared to the live *Sex Circus* shows at Emma Johnson's Brothel in Storyville, the legal red-light district of New Orleans.

Concerns about Women and Bicycle Seats: At the same time there were explicit live sex shows, America's professional journals were waiving flags of caution about American women who were starting to ride bicycles. A number of feminists and medical experts were concerned that the shape of the bicycle seat would leave America's women sexually aroused. They cautioned that the bicycle

seat would promote “libidinousness and immorality” in the fairer sex, and that raising a leg in public to get on a bicycle might scandalize a woman of the better classes.

So how do you judge sexuality in America during the 1800s—hardcore live sex shows or concerns about bicycle seats for adult women? For that matter, how do you judge it today—abstinence-only sex education or porn-filled websites? Perhaps it’s a bit of both.

“Evil Is Generally Sniffable, Don’t You Think?”

Disagreements among the American people about what is and isn’t sexually acceptable go back a long way. Consider the following two newspaper reviews from 1896 about a live performance that took place in one of America’s popular burlesque halls. While these are reviews of the exact same performance, it would be hard to find two perspectives that differ more, down to the descriptions of the performers’ legs.

“I witnessed the performance of the Barrison Sisters and never saw an exhibition in any theatre more suggestive, lewd and indecent. It was disgraceful. The whole aim of these women was to excite the base emotions of the audience. All their motions were simply vicious and libidinous. Before the curtain went up the ten legs of these Barrisons could be seen by the audience under the edge of the curtain, indecently twisting and wriggling, as they sat upon the floor. This was designed to whet the appetite of the spectators. Then they came out and turned their backs to the audience, lifting up their dresses in a vulgar and indecent manner. Their underclothes had been specially made to excite the spectators, with many parts plain to the feminine eye... A law ought to be passed putting a stop to such exhibitions, and I will make a recommendation of this kind to the Legislature this Winter.” *By feminist reformer Charlotte Smith, who was no fan of the bicycle seat.*

“As Miss Lona Barrison appeared I began to sniff around for a little evil. (Evil is generally sniffable, don’t you think?) Where was her beauty? That was the first question I asked myself. A complexion like boiled veal and a figure that had neither symmetry nor grace of any sort.... After she had left the stage, without any attempt on the part of the defrauded audience to cheer her by applause, she returned with the five Barrison sisters. They showed us their legs first, for they sat with them poked out under the curtain. I like a leg or two occasionally, but it must be a leg in the true sense of the word. The spindle shanks that the Barrisons betrayed were so screamingly funny and so bewilderingly emaciated that I had hard work to keep in my seat. In fact, I don’t mind saying that the only things immoral about the Barrisons are their legs. They are an affront to symmetry. They should be sewn up in masses of petticoats and kept from an unfortunate public. Amputation would be justifiable.... And then

the poor little Barrisons began to do what they had been taught to do for the delectation of imbeciles. They sat on the stage looking hopelessly ill at ease, and ridiculously cheap, and sang a vulgar but stupid song dealing with the physiology of generation. There was no tune to it, no metre to it, no rhythm to it, nothing latent, nothing chic, nothing clever.... The applause, like the letter, never came. Not a gleam of intelligence gleamed in their eyes. Not a wicked look was cast in any direction. Five little frumps tugging away at a cheap concert hall chason was all we saw. Such utter inanity made you feel that you might as well have left your brains at home.” *By Alan Dale, a journalist and popular critic.*

While neither of these reviewers had a single kind thing to say about the performance, you would get a very different sense of sexual standards during the nineteenth century if you read only the first review and not the second.

Perhaps people in the 1800s were even more confused about sex than we are today—especially American women, given how large numbers of them were working in brothels while others were wondering what to do about bicycles. (By 1870, the second-largest industry in New York City was the selling of sex.) On the other hand, the mixed messages about sex may have seemed normal back then, just like they seem normal to us today when conservative TV networks and religious talk shows are just a click away from radio shock jocks and porn-filled websites.

Layers Upon Layers

Historians who write about sex in the 1800s sometimes present it as having different layers—with *The Busy Fleas* and concerns about girls on bikes being examples of two very different layers. Here are a few more layers that make sex in the 1800s all the more interesting:

It's difficult to know the percentage of American women who could even get on a bicycle in the 1800s when physicians were prescribing large amounts of opium and morphine for everything from headaches and depression to menstrual pain and sleepless nights. By 1872, a half million pounds of opium poppies were being legally processed in America each year, and the morphine that came from them was being used like Tylenol and Prozac are today. By 1898, a new wonder drug called heroin was being billed as a totally safe, non-addictive substitute for opium and morphine.

Narcotics were more often prescribed for women, who took them at home, while men seemed to prefer alcohol, which they consumed in more public settings like saloons and concert halls.

We know today that morphine-based drugs do a serious number on the human sex drive. We also know that between the years of 1886 and 1906 there was so much cocaine in Coca Cola that people who had a second eight-ounce glass risked a cocaine overdose. Hashish was not exactly in short supply, and amphetamines were racing their way into the drug scene. All of this while the average American man was drinking up to a half a pint of liquor daily.

So how do you discuss sex in the 1800s without taking into account how many men and women were under the influence of drugs or alcohol? We'll never have an answer, but good luck understanding sex in the 1800s without considering it. (One of the first questions a sex therapist asks a patient today is if they are taking any drugs that might be impacting their sex drive.)

And how do we handle the fact that sex-for-sale was such a central part of our culture when our country considered itself to be the home of Christian values, a fortress of fundamentalism, and site of frequent Evangelical revivals? Perhaps the drugs and alcohol helped us deal with our contradictions.

Our Sexual Desires—Shaped or Innate?

As we will see, there were many forces that shaped the sexual desires and decisions of Americans in the 1800s. Perhaps there are as many forces that are shaping our sexual desires and decisions today, but we aren't able to see them because we don't have the perspective that a hundred years can offer. We assume our sexual behaviors are determined because we are horny or in love. But what if there were other influences, such as art, religion, science, technology, fashion, television, music, birth control, the law, where you live, how much you make, what you drive, your education, your relationship with your parents, the drugs you take, whether you like your job, the cost of food, rent, and the price of gasoline?

Statistics

A writer can face no greater peril than when his readers expect sex, and he delivers statistics on population and immigration. Take comfort in knowing that sex is on the pages that follow. But first, we need to look at the population of America in the nineteenth century before we can appreciate what the population did in bed.

The Population of America's Ten Largest Cities in 1800

1.	New York city, NY	60,515
2.	Philadelphia city, PA	41,220
3.	Baltimore city, MD	26,514
4.	Boston town, MA	24,937
5.	Charleston city, SC	18,824
6.	Northern Liberties township, PA..	10,718
7.	Southwark district, PA	9,621
8.	Salem town, MA	9,457
9.	Providence town, RI	7,614
10.	Norfolk borough, VA	6,926

The Population of America's Ten Largest Cities in 1900

1.	New York city, NY	3,437,202
2.	Chicago city, IL	1,698,575
3.	Philadelphia city, PA	1,293,697
4.	St. Louis city, MO	575,238
5.	Boston city, MA	560,892

6.	Baltimore city, MD	508,957
7.	Cleveland city, OH	381,768
8.	Buffalo city, NY	352,387
9.	San Francisco city, CA	342,782
10.	Cincinnati city, OH	325,902

It's hard to compare these two sets of figures without saying "Wow!"

In 1801, America was a small nation of 5,000,000 people. Its home was the Atlantic Seaboard. Only a few people lived west of the Alleghenies, and fewer yet had ever seen the Mississippi. Less than 10% of the population lived in cities.

By 1901, we were a nation of 77,000,000 people living in 45 states that stretched from San Francisco to New York City. Nearly 60% of us lived in cities, including millions of immigrants. Unlike our white, Protestant, old-stock settlers who arrived before 1800, English was a second language for many of our more recent immigrants.

At the start of the 1800s, America had defined herself as a small country on the edge of a boundless frontier. In 1891, the government announced that the frontier no longer existed. In less than 100 years, America had transformed from a sleepy seafaring and farming society of thirteen colonies into a major military power that produced one-third of the world's industrial output. Our rural persona was quickly becoming industrial and impersonal, especially in the North.

As we shall see, these changes resulted in a new social order that would impact our sexuality in many different ways.

Immigration & The New Sperm Glut

Today's social scientists are warning about the growing disproportion of males to females in China, where there will soon be 120 boys for every 100 girls. They worry this will cause an "inherently unstable" society with increased amounts of violence, prostitution, rape, and warlike aggression.

Imagine what these social scientists would say if they learned that between 1870 and 1910, the male-to-female ratio in some of America's largest cities may have been up to 135 males for every 100 females?

By the end of the 1800s, nearly a million immigrants were entering America every year, and most were settling in the larger cities of the North. As a result, there were almost twice as many foreign-born residents living in the big cities of the North as there were native-born citizens. The bulk of these immigrants were young, working-class males. For example, 80% of the Italians who entered the United States from 1880 to 1910 were males between the ages of 14 and 44. Our largest cities were being filled with young virile male bodies that nature programmed to ejaculate like machine guns.

Worse yet, the already high male-to-female ratio assumes that all of the potential female sperm catchers were as sexually willing as the male sperm hurlers. But think about it. Among the immigrant working class, how many Irish, Italian, German, Greek or Chinese fathers allowed their daughters to cruise big city streets that were slick with the dripping testosterone of working-class stiff? And how many middle-and upper-class daughters of white, protestant American families during the Victorian era were willing to put out sexually for the swelling ranks of working-class males?

Good luck finding material about our cities from the 1800s that doesn't refer to them as "Satan's slums" or "infernos of vice." There are reasons for this. The demand was swelling for prostitution to flourish.

America's New Sporting Culture

Past generations of Americans who had been craftsman or farmers were suddenly living in big cities and working in large factories. Industry was becoming America's employer; cities were replacing small towns as America's bedroom. In the past, you knew who your neighbors were because you grew up with them. Now, if you were living in a large city, it was likely that your neighbor or your neighbor's parents were born in a foreign land.

A whole new "sporting culture" of young men started to emerge in America—a hard-drinking, hard-working wave of American "boyz" who craved sexual release and wild entertainment. These young men were no longer constrained by small-town mores and middle-class values. The apprenticeship system that had helped to mold young men's lives was collapsing. A factory and corporate culture had taken its place, one that provided few restraints on what a person did when not on the clock.

Men in America no longer had a desire to marry young. They were working 10 to 12 hours a day, 6 days a week. They had no traditional homes to go to. The streets, saloons and brothels became their home away from home. Whoring, gambling, fighting and public entertainment filled their free time.

The penises of millions of American men were up for grabs, and prostitution rose to meet the demand. Brothels became cheap and plentiful. They thrived in a society that believed the daughters of the better classes would face grave danger if America's men didn't have outlets to sow their seed.

Equally as important, America's economy during the 1800s was a treacherous landscape of booms and busts, pocked with financial recessions. Brothels provided one of the few safe, high-yield investments. The rents that brothels paid were at least ten times higher than if the same building had been occupied by a home or business, and the "fees" that were collected from brothels and prostitutes kept the governments of many American towns and cities in the 1800s from going bankrupt.

A Funny Thing Happened on the Way to the 20th Century

Before 1820, when American men were often farmers, craftsmen or artisans, they worked out of their homes, and women had an important role in keeping the household together. But with the creation of factories, a number of important items like food and ready-to-wear clothes could now be bought in stores. Women were not as essential to the running of households as they had been, but it was still important for women of the working classes to contribute to the household economy.

Most of the new factory jobs needed male muscle from the working classes, and many of these jobs were dangerous. The few clerical jobs were mostly filled by males from the middle class. It wouldn't be until the early 1900s that the labor force would want large numbers of women in the form of secretaries, sales girls, clerical workers, and phone operators. As a result, the years 1840 to 1900 were often brutal for women of the working classes. The job market was so bad for these women that prostitution was often the best alternative among a small group of dismal choices.

For instance, after the Civil War, a seamstress might earn as little as 20 cents a day, with \$2 to \$3 a week being a good wage for a woman who was employed full time. This would hardly pay her rent. The same woman might earn more in a single night of sex work than during an entire week of domestic work. Domestic work was often unsteady, unavailable, and, according to a number of women, much harder on them than turning tricks.

Since this was the first time in our history when women needed to earn income outside of the home, there were no protections against sexual harassment. If a woman had to give in to the sexual advances of her boss to keep her domestic or seamstress job, she might as well get paid top dollar for it.

Another problem with the transition into an industrial economy was that factory jobs for men were often seasonal and lay-offs were frequent. Unemployment benefits didn't exist, and so the survival of the family would suddenly rest on a wife's ability to rustle up quick cash.

As a result, between 5% and 10% of all young women in cities like New York were probably involved in prostitution at one time or another. During harsh

economic swings, the number might have been higher, and during boom times it might have been lower. (Like women today, women in the 1800s also traded sex for rent, goods and services in lieu of paying with cash. This has never been considered prostitution.)

We will talk more about prostitution later in this chapter. For now, it's important to realize there can be no discussion of sex in America during the 1800s without an awareness of how important prostitution was, both socially and economically. While prostitution is still an economic force in America today, it is not nearly as central as it was in the 1800s.

In some ways, the modern porn industry has taken prostitution's place, but it hardly holds a candle to the importance of prostitution for working class women in nineteenth-century America. Today's porn starlet has many choices for making a living besides helping men ejaculate. This is not to say the average prostitute in the 1800s would have chosen bank telling over sex work, but today's woman has a range of choices that would have made a nineteenth-century woman's jaw drop.

Honey, Who Shrunk the Family?

In 1800, a healthy, white American female had, on average, 7 children. One hundred years later, she would be having only half as many children. Among the upper and middle classes, the size of the average family would drop 50% between the years of 1800 and 1900.

There have been suggestions that the decline in family size was due to a Victorian disdain of sex. But as we look at the availability of birth control and the flow of information about sex during the 1800s, it will become obvious that this was highly unlikely.

Also, since there were no sex researchers in the 1800s to ask people what they did in bed, we can only speculate about how often couples had sex. In one of the most complete surviving diaries from the 1800s, the author put a series of Xs on the pages when she and her husband had sex. She apparently did this to help her calculate the rhythm method of birth control which was popular during the day. The frequency of her Xs throughout a marriage that lasted for several decades indicates that she had intercourse with her husband as often as married couples supposedly do today. Her writing also explained that she looked forward to having sex with her husband, and it was an important part of her married life. The love letters that were written between husbands and wives during the 1800s corroborate that physical passion was an important part of their relationships.

Abstinence Was Unnatural

There were no movies until the 1890s, and radio and TV were products of the twentieth century. Yet people in the 1800s craved information just as much as we do today. To help answer this need, public lectures became very popular, as did advice books and women's magazines.

The lectures were often about sex and birth control. This tells us that sexual enjoyment was no stranger to the masses of women and men from middle and upper classes. In the 1860s and 1870s, "Physiological Societies" sprung up where birth control and sexual knowledge were often discussed. Some of the most popular books in the 1800s were about sexual enjoyment and birth control.

One modern sociologist who has studied the availability of sex information believes that the American woman of 1860 may have known as much or more about sexuality as the American woman of 1960.

Considering all of the pamphlets, books and lectures on birth control and sexuality that were available by the middle of the 1800s, there seemed to emerge a unified voice about sexual pleasure. This voice said that sex was important to both men and women, and that abstinence and celibacy—whether you were married or not—was unnatural and bad for you.

The Cherished Victorian Sex Scandal

Even today, it is not considered proper for TV news anchors to talk about oral sex and male ejaculation. However, when an American president from the 1990s was embroiled in a sex scandal, the American people couldn't get enough of it. First-graders suddenly knew what fellatio was. A subject of frequent conversation was "that woman" and her famous blue dress.

It was no different in the 1800s, when a good scandal or trial was a cherished part of the daily headlines. America loved a sex scandal—from the 1830s murder trial of Richard Robinson, who was the moody, rich boyfriend of prostitute-victim Helen Jewett, to explicit reports from Oscar Wilde's 1895 trial in England. The more sordid the details, the better. (If comparisons to more recent American murder trials are in order, people claimed that Richard Robinson, too, had gotten away with murder.)

During the 1890s, American newspapers reported the gristly details of America's first and perhaps deadliest and most gruesome serial killer, H.H. Holmes. Medical schools had marveled at the wonderful condition of the skeletons that H.H. Holmes sold to them. These were the bones of his early victims, who he had gassed in his suburban Chicago chamber of horrors and, whose flesh he removed by hand. It was estimated that 200 men, women and children were murdered by "the archfiend" Holmes before his crimes were discovered by Frank Geyer, a Philadelphia police detective.

In addition to the reporting of the mainstream press, the 1800s had newspapers like the *Policeman's Gazette*, which was the precursor of today's popular police and crime shows. The American appetite for crime-reporting and sex scandals has always been robust. It is not a modern phenomena.

Contraception and Abortion in the 1800s

People who don't have sex don't need contraception. They don't buy contraceptives. Yet in the 1830s, America's largest newspapers had advertisements for contraceptive devices, diaphragms (womb veils), drugs to induce abortions, condoms, aphrodisiacs, and cures for sexually transmitted infections. By the 1870s, more than a third of the advertisements in America's tabloids and sporting papers were for birth control. This is not evidence of a sexually-repressive society.

But would we be able to recognize the content of these ads if we read them today? Consider the following newspaper ad from the 1800s:

Ladies. Carter's Relief for Women is safe and always reliable; better than ergot, oxide, tansy or pennyroyal pills. Insures regularity.

Today, we would assume this was to help with constipation. But after reading this ad, Americans in the 1800s weren't envisioning smoother moves in the outhouse or less time squatting over the chamber pot. They could tell the ad was for a drug that was supposed to cause an abortion, which was an acceptable form of birth control in 19th Century America. For instance, the terms "Insures regularity" and "Relief for Women" were expressions that referred to abortion. Other well-known terms for abortion included "remedy for producing the monthly flow," "ladies' relief," "cure irregularities," "ridding oneself of an obstruction," "female regulator," "female pills," "tansy regulator," "uterine regulator" or "female cure." Ads for abortion-inducing pills promised to "bring on the monthly period with regularity, no matter from what cause the obstructions may arise."

The second clue had to do with the herbs that were mentioned: "better than ergot, oxide, tansy or pennyroyal pills." These herbs were thought to induce an abortion. Abortion was legal and common in the United States until the last part of the nineteenth century. It was allowed if performed before the quickening that occurred at approximately 16 to 20 weeks after conception. Ads for abortion-inducing products sometimes contained "warnings" such as "women who are pregnant should not take them as they would surely cause a miscarriage," or "if a pregnant woman took the pills by mistake and a miscarriage resulted, it would

not at all injure her health.”

Women in the 1800s could also buy instruments for self-inducing an abortion. There were several different types of uterine probes (also known as “sounds”) that were popular for this purpose. These instruments could easily be purchased at drug stores and through catalogues.

In addition to drugs and instruments, abortion clinics freely advertised in America’s newspapers before the 1870s.

Types of Contraceptives in the 1800s

Withdrawal (Coitus Interruptus)

Withdrawal was one of the most widely practiced methods of birth control in the 1800s. There were two kinds of withdrawal: one was where the man pulled his penis out of the vagina shortly before orgasm, ejaculating outside of the woman's body. The other was partial withdrawal, where he pulled out as far as possible while still leaving the head of his penis inside the vagina when he ejaculated.

Partial withdrawal made sense in the first part of the 1800s, when two ancient theories about conception still prevailed. One was that the sperm had to be forcefully ejaculated against the cervix for conception to occur. The other was that a woman needed to have an orgasm in order to become pregnant. Partial withdrawal became less popular by the middle of the century, as the ability of sperm to swim became known.

Although withdrawal was widely practiced, some physicians and even feminists warned that it was unhealthy for males to ejaculate outside of a woman's body, as if an essential circuit was not being made, and the man's body was being unnecessarily depleted.

Douching

By the 1880s, one of the most common forms of birth control was vaginal douching. This usually happened after intercourse, but sometimes before.

Imagine what it was like for a woman in the 1800s to get out of bed on a freezing night in an unheated room to douche with cold water immediately after making love. Some of the birth control literature in the 1840s suggested that a woman could add spirits to the douche water to keep it from freezing over. Some physicians of the day—males, no doubt—recommended that douche water be as cold as possible. This echoed the Aristotelian notion that it took heat for conception to occur.

More than twenty different solutions were used as spermicides or astringents, including vinegar and bicarbonate of soda. It may have simply been coincidence, but the average pioneer family who traveled west on the Oregon Trail took eight pounds of baking soda with them.

The instructions in some of the earlier douching kits that were intended for birth control said that women should douche even if they didn't have an orgasm. This was because many people in the early part of the 1800s assumed that if a woman didn't have an orgasm, conception wouldn't occur.

Rhythm

By the mid-1800s, another "new" form of birth control became popular. It was based on the idea that there was a safe period when a woman could have intercourse without becoming pregnant. There was only one problem: modern science in the 1800s got the timing wrong. Ovulation usually occurs in the middle of a woman's cycle, and not at the start of menstruation as they thought back then.

Condoms

Condoms in the 1800s came in two styles: the full length models, like we have today, and high-water models that fit just over the head of the penis. For a long time, the caps that only covered the head were more popular than full-length condoms.

The better condoms were made from animal intestines that had been processed in lye. They were thin and strong. Large amounts of the material that they were made from, which was called Gold Beater's Skins, was imported into the United States during the 1800s. It was still being widely imported after 1873 when the Comstock laws made it illegal to import birth-control materials. Condoms made of fish skin and membranes were also available. They were considered better than those made of rubber. (The Comstock laws made it illegal to mail condoms or send information about sex or birth control anywhere in America. More on that in a bit.)

Even with vulcanization, which made rubber stretchy instead of brittle, rubber condoms were thick and inconsistent. Their only advantage was cost.

Although they were widely used, condoms were associated with prostitutes. As a result, they had a higher sleaze factor than rhythm, douching, or pills for abortion.

Diaphragms or Womb Veils

When an ad in a newspaper from the 1800s mentioned "Ladies rubber

protectors” it wasn’t talking about boots for rainy days. Just about any woman reading such an ad knew that it was referring to diaphragms or douching syringes that were specially made for contraception. Diaphragms were called womb veils, the French Shield for Women, and closed-ring pessaries. They became very common by the 1880s.

The diaphragm was the one contraceptive that a woman could use without her husband’s knowledge. This was particularly helpful when the husband’s withdrawal abilities were less than stellar, or when he didn’t respect the rhythm method’s black-out days. She could also use a womb veil when her husband didn’t want her to use birth control.

IUDs and Nursing

During the 1800s, there were dozens of different intracervical and intrauterine devices for birth control. Many of these were popular, and women usually inserted them by themselves. It was also believed that nursing a baby kept you from getting pregnant. While nursing can be an effective form of birth control, it only works when it is done exclusively and at least every four hours. They didn’t know that back then.

The Bigger Issues of Birth Control—Then vs. Now

At the beginning of the 1800s, it was beyond the consciousness of Americans to believe they could have control over any aspect of their health. Life was fragile. Even if a loved one was healthy, death could whisk him or her away at the snap of a finger. So how could you possibly control when you became pregnant? It's hard to imagine today, but accepting the idea that birth control could be a way to control pregnancy required a shift in consciousness in the early part of the 1800s.

Pregnancy had always been a concern for most women, but the option to do something about it didn't arrive in America until the 1800s. Before then, there was no difference between sex for pleasure and sex for pregnancy.

The option to use birth control was not welcomed by all. Many of the feminists during the 1800s worried that contraception would rob women of the one effective reason they had for saying no to sex—the excuse that they didn't want to become pregnant. And men in the 1800s had to digest the idea that if their wives could have sex without becoming pregnant, what would keep them faithful? What would keep their daughters chaste?

There were groups of men and women who were known as social purity crusaders. They accused women who advocated for the right to control the size of their families as being proponents of free love. Politicians accused middle-and upper-class women who used birth control of committing race suicide. Yet America's Protestant ministers—the very people who you would expect to be opposed to birth control—seldom spoke out against it.

Our concerns about birth control today are much different than they were in the 1800s. They center around cost, convenience, effectiveness and side effects as opposed to free love and suicide of the upper class.

Technology and the Presses of Satan—The Birth of Modern Pornography

The 1800s saw the birth of America's first anti-obscenity laws. Anti-obscenity laws don't just drop from the skies. There needs to be enough indecency floating around to create a fuss, and it needs to have inserted itself far enough into the mainstream to be seen by more than its intended audience. During the 1800s, these conditions were easily met and greatly exceeded.

Recently, someone tried to open a brothel in Nevada featuring male prostitutes for female customers. The other brothel owners in Nevada were upset about this, because they feared the publicity would motivate a movement to shut down all of the legal brothels in Nevada. These brothel owners were acutely aware of something that the commercial sex industry in America during the 1800s had no clue about—that vice is usually tolerated as long as the citizens are allowed to turn a blind eye to it. It seldom matters whether the sexual vice is prostitution, pornography, cross-dressing or gay sex, as long as the public isn't forced to trip over it.

Leaps in technology during the nineteenth century helped it become the temporal birthplace of pornography as we know it today.

First came the modernization of the printing press and new printing technologies. This allowed cost-effective print runs that could be tailored to fit the mass markets for mainstream porn and smaller niche markets for the kinky stuff. Then followed the technology that allowed paper to be made by machine. Before that, sheets of paper were crafted by hand. Handmade paper was often scarce and expensive.

You can't call it pornography if it isn't captured by a camera or webcam. The invention of the photograph in 1839 and the ability to mass produce it by the 1860s was what helped create the explosion of modern pornography. Next was the invention of the moving picture in 1877, and the ability to show it to large audiences in 1895.

Pornography that has survived from the 1800s is amazingly explicit and shows some of the same sexual acts that pornography does today. As for written erotica, here are just a few of hundreds of titles that were popular in the 1800s. Some of these titles were best-sellers:

Amorous Adventures of Lola Montes

Aristotle's Master-Piece (an explicit how-to)

Awful Disclosures by Maria Monk, of the Hotel Dieu Nunnery of Montreal

Confessions of a Sofa

Curiositates Eroticæ Physiologiæ; or, Tabooed Subjects Freely Treated. In Six Essays: 1. Generation. 2. Chastity and Modesty. 3. Marriage. 4. Circumcision. 5. Eunuchism. 6. Hermaphrodism, and followed by a closing Essay on Death.

Exhibition of Female Flagellants, in the Modest & Incontinent World, Proving from indubitable Facts that a number of Ladies take a secret Pleasure in whipping, and that their Passion for exercising and feeling the Pleasure of a Birch-Rod, from Objects of their Choice of both Sexes, is to the full as Predominant as that of Mankind.

Fanny Greeley: Confessions of a Free-love Sister

Marie de Clairville; or, The Confessions of a Boarding School Miss

Male Generative Organs

Physiology of the Wedding Night

Romance of Chastisement; or Revelations of the School and Bedroom. By an Expert.

Scenes in a Nunnery

Six Months in a Convent

The Amours of a Musical Student: being A Development of the Adventures and Love Intrigues of A Young Rake, with Many Beautiful Women. Also Showing The Frailties of the Fair Sex, and their Seductive Powers.

The Amours of Sainfroid and Eulalia: being the intrigues and amours of a Jesuit and a Nun; developing the Progress of Seduction of a highly educated young lady, who became, by the foulest Sophistry and

Treachery, the Victim of Debauchery and Libertinism

The Bridal Chamber, and its Mysteries: or, Life at Our Fashionable Hotels.

The California Widow; or Love, Intrigue, Crimes, & Fashionable Dissipation.

The Child of Nature; or, the History of a Young Lady of Luxurious Temperament and Prurient Imagination,

The Intrigues and Secret Amours of Napoleon

The Lady in Flesh Coloured Tights

The Marriage Bed—Wedding Secrets Revealed by the Torch of Hymen

The Wanton Widow

The Lustful Turk

Venus' Album; or, Rosebuds of Love

Oral Sex in Another Time

In the 1800s, the medical experts of the day claimed that oral sex was an unnatural act because a woman couldn't become pregnant from it. However, oral sex was present in pornographic photos from the 1800s and it was no stranger to the erotic literature of the day, where it was sometimes referred to as "gamahuching." This rolls off the tongue as smoothly as cunnilingus and fellatio, which begs the question of how things that feel so good can sound so bad.

As for cunnilingus, references to it appear in nineteenth century erotic literature and in pornographic photos as well. Woman-to-woman oral sex was one of the favorites in the live sex-shows. If a man paid to watch one woman give another oral sex, it seems he might be inclined to try it on a woman himself, if he was allowed the opportunity.

Unlike today, a man in the 1800s who wanted to receive oral sex from a prostitute needed to find a brothel or a girl with a reputation for giving it. The buzz words to look for were "French," "French talents," "French-house," "unnatural practices" and "indecent dances and dinners." This means that when a man encountered a prostitute with the name "French Blanche LeCoq" or "French Marie," he was safe to ask for oral sex, especially if she spoke with a Midwestern accent.

In New Orleans's famous red-light district of Storyville, there was a brothel known as Diana and Norma's. This was a so-called French house, which means that fellatio was the specialty. Because blow jobs were all that Diana and Norma's offered, the rooms could be smaller (they didn't have to fit a bed) and the men didn't need to take off their shoes and pants. Due to the faster turnover and smaller space, Diana and Norma's was able to take advantage of the economies of scale and offer oral sex for the same price as intercourse. This was unusual during the 1800s, when blow jobs were considered kinky sex and usually cost more.

The best known "French House" in Storyville was that of *Mme.* Emma Johnson, who called herself the "Parisian Queen of America." Rather than being born in Paris or Versailles, French Emma was a native of Louisiana's Bayou

country. Her oral skills were so renowned that although she was notoriously long in the tooth, she offered a “sixty-second plan” where any man who could handle more than a minute of her ministrations without ejaculating did not have to pay. Emma Johnson’s brothel offered more than oral sex, including live sex circus shows where the male performer had a mane, four legs, hooves and a tail. It goes without saying he was hung like a horse.

In his 1961 interview with former Storyville prostitutes, author Al Rose recorded the following words of a black woman who had worked out of a small row house known as a crib:

“Mos’ly for plain fuckin’ on a weekday night, I use’ t’ get twenny-fi’ cent. Ten cents in d’ daytime. We chawged fifty cent, mos’ always fo’ suckin’ off and’ seven’y-fi cent fo’ lettin’ d’ prick come in our ass.... Good weeks I could take fo’ty dolluh, Big money dem days... Dey [black men] come fo’ fuckin’. Dat’s all day hawdly done. White boys?... Shit! Dey come fo’ everyt’in’ else. Mos’ly dey come fo’ suckin’ off. Sometime’ dey come fo’, fi’, six at one time, all jam in dat po’ li’l crib an’ pay me a dime to let ‘em watch me suck ‘em. Shit! Carrie don’ caiah!” —From *Storyville, New Orleans: an Authentic, Illustrated Account of the Nortorious Red Light District* by Al Rose, University of Alabama Press, (1978).

Another Storyville prostitute interviewed by Rose was proud to recall that the madam of the house she worked in required the girls to give oral sex only when they were menstruating. She was disgusted to say that at some of the brothels, the women didn’t do much else but give oral sex all of the time!

Starting in 1933, the American Social Health Association began doing a survey of the kind of sex acts that were requested of prostitutes. Only 10% of the requests in 1933 were for sex acts other than intercourse. By the end of the 1960s, nine out of ten requests of prostitutes were for oral sex or a combination of oral sex and intercourse.

As for oral sex in New York City, during the 1880s there were a dozen brothels in close proximity to the newly-opened Metropolitan Opera House. Since a number of these brothels were “French-run,” it is likely that the prostitutes performed arias the likes of which few opera goers had previously

known. Anti-vice investigators reported that because the girls in the French-run houses performed oral sex, other prostitutes would not associate or eat with them. But rather than disgust at oral sex, the real reason for the rivalries was more likely inter-brothel competition, like we see in college sports today.

The Great Masturbation Panic

With many wonderful puns that were not lost on readers in the 1800s, Charles Dickens' famous novel *Oliver Twist* (1837-1839) refers often to the male body and its sexual maturation. Consider the following passage:

"I suppose you don't even know what a prig is?" said the Dodger mournfully.

"I think I know that," replied Oliver, looking up. "It's a th—you're one, are you not?" inquired Oliver, checking himself.

"I am," replied the Dodger. "I'd scorn to be anything else." Mr. Dawkins gave his hat a ferocious cock, after delivering this sentiment, and looked at Master Bates, as if to denote that he would feel obliged by his saying anything to the contrary.

The word "Prig," which was a term for thief, sounds very close to the word "frig" which was a well-known slang word for masturbation. Then we have a "ferocious cock" which is followed by "Master Bates." The puns and references to masturbation keep getting better, as Master Bates produces four handkerchiefs to clean up the mess that his name suggests will occur.

In spite of masturbation being well known and practiced in the 1800s, an anti-masturbation panic arose in the middle of the century. There are many reasons why masturbation started being described as such an evil at that time. One factor was the creation of the modern insane asylum in the early 1800s. The physicians at these harsh facilities discovered that patients often masturbated. Instead of viewing masturbation as one of the few pleasures that inmates of these dungeon-like asylums could give themselves, physicians published scientific articles claiming that masturbation had caused the insanity of the poor wretches who were under their care. In other words, the patients had masturbated themselves into the looney bins.

These reports helped fuel the fires that were being stoked by fanatics of the day like John Kellogg and Sylvester Graham, who wrote that more than 40 ounces of blood were lost during each male ejaculation. They believed that this huge depletion of blood led to horrible diseases such as cholera and the plague.

In order to save a man from such a terrible fate, they declared that he was to have sex no more than once a month, and that he was to totally abstain from masturbation. This tied in nicely with religious prohibitions against any kind of sexual release that could not result in conception.

Understanding more about this panic helps us see why organizations like the Young Men's Christian Organization (YMCA) worked so hard in the 1860s and 1870s to pass anti-obscenity laws. These laws targeted any materials that might cause a young man to masturbate. There is a bit of irony in this, as it wasn't too many years later that if a young man in America wanted to find a place where he could masturbate with other young men, the YMCA was often at the top of his list.

Prohibitions against masturbation in America reached their climax in the second half of the 1800s. People today assume that these prohibitions must have scared young men and women into not masturbating. They also assume there must have been prohibitions against masturbation in America before the 1800s, and that anti-masturbation zealots like Sylvester Graham and John Kellogg were giving voice to long-standing fears. None of these assumptions are true. At best, the bizarre prohibitions made people feel guilt or shame, but they didn't seem to stop many from masturbating.

Anti-masturbation fanatics like Graham and Kellogg were the first to admit that there was hardly an adolescent boy in America who didn't masturbate or know about masturbation. While the anti-masturbation fanatics weren't as concerned about masturbation among girls as among boys, this wasn't because they thought that girls didn't suffer horribly from it. It had more to do with their initial focus, which was saving the bodies and souls of white, middle-class Protestant youths who they believed were in grave danger from sexual excess of any kind, including masturbation.

The fires of masturbatory panic struck a chord in the minds of middle-class urban parents. Self-help and advice books were becoming hugely important, and the bogus medical advice of people like Sylvester Graham and John Harvey Kellogg may have found an audience among the new middle class who was consuming these books. These couples didn't take seriously the prohibitions against frequent intercourse in marriage. The only prohibitions they may have

taken seriously regarded their children's masturbation. And it's unlikely that children heeded their parents' concerns about sex any more than today's children do.

Sex writers today tend to make too much of zealots like Graham and Kellogg. While these men were not without influence, especially regarding circumcision, they hardly defined the sexual climate in America during the 1800s.

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Ads in the back of a magazine in the 1800s vs. today: Has anything really changed?

Sex & The Civil War

The thirty-year span from 1846 to 1876 was one of the bloodiest in our history. It began with America's war against Mexico and ended with Sitting Bull's massacre of Custer at Little Big Horn in 1876. In between were Gettysburg, Chickamauga, Chancellorsville, Fredericksburg, Vicksburg, Shiloh and Appomattox.

Today, most Americans know about the attacks of 9/11 and the wars in Afghanistan and Iraq as images on a TV screen or computer monitor. In the 1860s, the Civil War impacted Americans in a much more personal way. Instead of fighting an enemy on foreign soil, we were fighting each other.

Among the nearly 60,000 books that have been written on the Civil War, there is only one currently available whose focus is sex.

Today, when we talk about a woman having access to the military, we mean that she is able to join and rise within the ranks. In the time of the Civil War, having access to the military meant that a woman got to sexually service men in the ranks. And there was no shortage of prostitutes who did just that. There were entire camps of prostitutes who followed the military.

For instance, much has been written about how the word "hooker" may have come from the large camp of prostitutes who General Hooker allowed to be located near his division in Washington, D.C. While General Hooker was known to have had a personal fondness for prostitutes, the slang term of "hooker" came from the 1820s, when General Hooker was five-years old.

An interesting story about prostitutes in the Civil War emerged when the Army ordered 150 prostitutes from Nashville to be placed on board a brand new passenger ship named the *Idahoe*. As was reported in the *Nashville Dispatch* on July 9, 1863: "Yesterday a large number of women of ill fame were transported northward.... Where they are consigned to, we are not advised, but suspect the authorities of the city to which they are landed will feel proud of such an acquisition to their population."

The city where the women were supposed to be let off was Louisville. The trip should have taken a few days at most. But neither Louisville nor any other ports along the Mississippi would allow the load of prostitutes to come ashore.

The *Idahoe* became famous and was called “The Floating Whorehouse.” Its cargo of prostitutes nearly trashed the entire boat. They were finally returned to Nashville in August of 1863.

Love letters between Civil War soldiers and their partners are often poignant reminders that sexual intimacy was seldom forgotten in the face of tragic circumstance:

From a soldier to his wife: “I anticipate unspeakable delight in your embrace and look forward to your voluptuous touch.” In her reply to him, she wrote: “How I long to see you... I’ll drain your coffers dry next Saturday, I assure you.” From the diary of a soldier who had just returned to duty after a short leave with his wife—“We didn’t sleep much last night... The reunion so buoyed up our affections that we had a great deal of loving to do.” From General Weitzel to his lover—“My darling Louisa, I have pinched your picture and it does not holler. I have bitten it and it does not holler. I have kissed it and it does not return my kisses. I have hugged it and it does not return my hug. So just consider yourself pinched, bitten, hugged and kissed.”

One thing we often forget about the Civil War is how the absence of men at home impacted traditional sex roles. This was studied at length during World War II, when Rosie the Riveter ran our heavy industries while men were away at war. It is likely that similar role reversals occurred during the Civil War, impacting how men and women related both at home and in the world of business. These role reversals contributed to the nineteenth century woman’s growing sense of independence.

The Civil War & Proposed Constitutional Amendment

A fascinating by-product of the Civil War was a constitutional amendment that was proposed in 1863. Its wording affirmed “Almighty God as the source of all authority and power in civil government, the Lord Jesus Christ as the Ruler among the nations, and His Will, revealed in the Holy Scriptures, as of supreme authority.”

You would think such an amendment would have been a backlash against so much prostitution in America. However, sexual excess was not the primary motivator. The main reason for the proposed amendment was because politicians feared that God was angry with the Union government, and that’s why the North had been doing so badly in the Civil War.

A number of state governors supported the proposed amendment, and William Strong, who headed the organization that spearheaded it, was appointed to the United States Supreme Court. He would be instrumental in helping Anthony Comstock get his anti-sex legislation through Congress.

The Civil War and Rape

War is often associated with an increase in rape. While there were certainly rapes during the Civil War, the numbers were low compared to wars in Europe. Perhaps that's because the soldiers who committed rapes were often court marshaled and hanged or shot—sometimes the same day they were caught.

The rape victims of both Union and Confederate soldiers tended to be slave women. It is a sad irony that the Union soldiers who were supposed to be liberating slave women were raping some of them. But these women were the property of Southern men, and “destroying” their property may have been a way of humiliating the slave owners. Black women were also thought to have been more sexual than white women.

Slaves and Sex

For slaves, “family” had a different meaning than for most whites. The black family could be forever separated because a master wanted it that way, or because an auctioneer had placed family members in different lots. Black men were not allowed to protect their wives and children.

Sexual relations between white masters and black slave women were frequent. Some of these relationships were tender and caring, while others were rape and exploitation. The resulting mixed-race children drew particularly poor lots in life. Their presence could be a reminder to the white wife of the owner about her husband’s adultery with the slave.

Before the Civil War, it was not unusual for free black women to have long-term relationships with white men. Between 1870 and 1894, it was even legal for white men and black women to marry in Louisiana. But after the Civil War, white America convinced itself that there was an epidemic of black men raping white women. Affairs between white women and black men threatened the social order and were no longer tolerated.

It is a myth to think that the North was any less racist than the South. Few people in the North were willing to tolerate the idea of blacks as neighbors or as lovers, except for visits to black prostitutes. After the Civil War, the few protections that society had afforded blacks all but disappeared.

Prostitution in the 1800s

Here lies Charlotte

She was a harlot

For 15 years she preserved her virginity

A damn good record for this vicinity.

—from the graveyard plaque of a nineteenth century prostitute in Colorado

In the bigger cities of the North, between one-in-ten and one-in-twenty women were at one time working as prostitutes. For most of these women, it was an occasional job. Some would do it exclusively for a couple of years, while others would do it only as the need arose.

Brothels were plentiful, and prostitutes could be found in almost every neighborhood of every city. Prostitutes also worked out of restaurants called Lobster Houses, concert saloons, or dance halls where they might take a trick to an upstairs room for a quick drop of the drawers. Big-city hotels were hubs of whoring, with the finer hotels having separate entrances for "respectable women" so there was no risk they would be confused with the prostitutes.

It was unusual for a man to walk down a street in a big city and not receive offers for sex. The offers came from women who appeared classy and from girls sitting half-naked in open doorways. A man could pick up a woman on the street and have sex in an alley, or he could find a prostitute working out of a small market, liquor store or cigar store.

If he were in a miner's town in the West, a man's only opportunity for sex might be to wait in a long line in front of a tent. This would get him a soggy poke with the area's only prostitute—not that his experience would be any worse than if he'd been with a prostitute in New York. Even garrisons on the frontier offered prostitutes along with food and water for your horse. There were also Native American women who danced with more than wolves.

How the Prostitutes Lined Up

Prostitution had its pecking order. At the top were the courtesans or mistresses to the wealthy. These select, educated, charm-school graduates could turn a phrase as elegantly as they could turn a trick.

Then were the Parlor Girls who worked in the upscale brothels or parlor houses. They were followed by the girls who worked in the public houses. These ladies didn't earn as much per poke, but turned more tricks per night.

Next were the cribs, which were rows of tiny shacks that were rented to prostitutes. Cribs were the horse stalls of commercial sex, often populated by former brothel girls who had grown too old or who were in poor health, or who didn't have the minimal looks or social graces to work in a brothel.

Lower yet in the ranks of whoredom were the streetwalkers. Streetwalkers were the dregs of commercial sex. They lived in sleazy hotel rooms or wretched apartments. They were not known for their cleanliness or good health. Life for streetwalkers was difficult.

At the very bottom of the barrel were the signboard girls. These girls and women lived on the streets and did their tricks in back alleys or behind billboards or large street signs. They didn't have a single good thing going for them.

Some of the occasional prostitutes in the cities ran in packs of teenage girls. They would hook up with men for a quick hit of cash or for a date to see the kinds of entertainment they couldn't otherwise afford. These young women became such a visible part of popular culture that they earned the name "charity girls."

Economics and Inclination

When Dr. William Sanger did his study of prostitutes that was first published in 1858, he had expected to find poverty as the main reason for why a woman would do this kind of work. What he didn't expect to find was that the second most common reason the women gave for why they were working as prostitutes was "inclination" or sexual desire. In the minds of white Christians from the better classes, this was a frightening and perplexing finding. They wanted to believe that a woman's place was in the home, with her husband supporting her. They were also trying to convince themselves that women weren't interested in sex. To realize that thousands of prostitutes were not only supporting themselves financially, but weren't exactly hating their jobs, was a curve ball that threatened their view of the world.

A Prostitute's Life

A full-time prostitute's best chance of finding friendship was from a fellow prostitute. But how many prostitutes had rewarding relationships with other prostitutes, either as friends or as sexual partners, is not known. For instance, there were plenty of brothel customers who paid to watch two prostitutes have sex with each other. Some of these situations evolved into same-sex relationships, but actual accounts are rare.

For many full-time prostitutes, the main source of companionship was their pets or their children. Long hours and boredom made for high rates of alcoholism and drug addiction. Some prostitutes did themselves in with overdoses of morphine, opium, cocaine and/or laudanum. Pregnancies were frequent, and venereal disease went with the territory as did abuse from police, pimps, customers and fellow whores. Tuberculosis, pneumonia, infected tonsils and poisoning from abortion-causing drugs were not unusual.

Prostitutes were sometimes a jealous, competitive, socially challenged lot whose only chance to feel good about themselves was at the expense of the women they were working with. Arrest records from the 1800s show that more prostitutes were arrested for public drunkenness and fighting among themselves than for pandering.

Also, before 1885, the average age of consent for American girls was ten to twelve. It was not unusual for brothels to have young girls working as full-time prostitutes. Most girls in the 1800s did not begin to menstruate until they were fifteen years of age. So a young prostitute of twelve to fifteen years of age had "the advantage" of not having to worry about pregnancy.

As for America's concern about its teenage girls, Alexis de Toqueville wrote in 1835 that there was no country in the world where he had seen girls turned out at such a young age. There was also a high demand for virgins. A virgin could get as much as \$50 to \$500 for her first time, which was a tremendous incentive when you consider that she might only make \$1 to \$2 a day for full-time employment, if she could find it.

Sex in Brothels

By the end of the 1800s, the brothel in America was a one-stop multiplex of sexual excess. To put it in perspective, there were at least as many neighborhood brothels as there are neighborhood gyms today. The main difference is in the body parts that were being exercised.

Brothels were dedicated centers of prostitution and were run by madams. They tended to be one of two kinds: private or public.

Private houses, which were also known as parlor houses, were the forerunners of today's upper-end country club. Only the wealthy could afford them. Membership was restricted to regular, well-known customers of the better classes. The furnishings were finely appointed, and everything from the food to the women were five-star. Members of private houses might be influential businessmen or lawyers, puffing on the finest cigars from Cuba and drinking the best whisky.

Public houses were the Pizza Huts of prostitution. The average stiff was welcome. There were often long, loud lines of drinking and drunken men, especially from Saturday night to Monday morning, given how this was the only time that men from the working classes had off from work.

The better of the public houses were known as dollar-houses, where men from middle class dropped their drawers. There were also fifty-cent houses that catered to the working class. These places often smelled bad and were infested with cockroaches and rats. In the working-class brothels, there might be a bench in the waiting area where men lined up next to each other. A voice from another room would yell, "Next!"

The one sex venue that a man absolutely wanted to avoid was called a panel house. A panel house was a room designed to help prostitutes rob their customers. There would be a false wall or panel that another prostitute or pimp would hide behind. Once the customer had his pants off, the accomplice would quietly relieve his wallet of all cash. Good luck finding a sympathetic policeman when you'd been robbed while paying for sex.

The Madam

The person who ran and sometimes owned the brothel was the madam. Madams were often former prostitutes who knew the business from their bottoms up.

The madam was one of the best management positions a woman could hold in the 1800s. Put in today's terms, she was a combination of hotel and restaurant manager, personnel director, head of marketing and publicity, nurse, counselor, bookkeeper and director of customer relations.

Besides being venues for sex, the better brothels were often places where business deals were made and where political wheeling and dealing occurred. When a well-known businessman or politician suffered a coronary at the brothel, the better madams would have the still-warm corpse moved to a more respectable location before the authorities were notified.

Storyville—The Sinful Sexual Sapphire of the South

“In 1897, New Orleans city officials, acknowledging their belief that sins of the flesh were inevitable, looked Satan in the eye, cut a deal, and gave him his own address.”

—Alecia P. Long, author, *The Great Southern Babylon: Sex, Race, and Respectability in New Orleans, 1865-1920*, LSU Press

By the late 1800s, city governments all over the country were talking about establishing legally-controlled red-light districts. Prostitution would be allowed within these districts, but nowhere else. The most famous and longest enduring of the municipal vice districts was in New Orleans. It was called Storyville, and it was the nineteenth century's most successful attempt at harm reduction.

By 1890, the city of New Orleans was becoming a massive, municipal gumbo of sexual excess. To help save the city, a reform-minded, classical-music loving alderman named Sidney Story drafted an ordinance to create a red-light district at the edge of New Orleans' French Quarter. This was to be the only place in all of New Orleans where prostitution was allowed. The concept worked well for more than fifteen years. However, “Storyville” was the last place on earth that an upstanding man like Sidney Story would want as his namesake.

By 1900, only two years after its official creation, Storyville housed more than 2,000 prostitutes in 230 brothels and houses of assignation. It was also home to a number of dance halls, concert saloons, gambling dens and firing ranges. Particularly popular in Storyville were the brothels that promised girls who were octaroons and quadroons. These were light-skinned, mixed-race beauties. They were the product of “almagamation” or *sex between the white and negro*. An octaroon was theoretically one-eighth black, while a quadroon was one-quarter black.

Octaroons were thought to be the genetic superstars of Southern sex workers. They had just enough black in them to make them drip with a primitive, unrestrained, animal desire for sex that people believed *the negro* possessed, but with enough white to have the supposed intelligence, personality, creativity and physical features of the Aryan races. Sex with an octaroon was thought to win a man the best of both worlds, and he often paid more to fulfill his racist fantasy.

As the rest of America became aware of following hurricane Katrina, Storyville and New Orleans were built over a swamp. Indoor plumbing and sewer pipes were rare in Storyville. The streets were flats of mud mixed with excrement from freshly-emptied chamber pots and the remains of decaying rodents. The smell was putrid, but a nose for sex could ignore the wicked odors that steamed up from the streets below.

The sounds of Storyville were not tranquil. Trains ran along the main street, shooting galleries operated at all hours and music blared from the dance halls and concert saloons. A loud chorus of barkers, pimps and prostitutes wooed the wads of the passersby.

Storyville did big business during winter, when tourists from the North could warm themselves before the fires of Satan. They could gamble, bet on horses and go on sexual rampages that made the offerings of their hometown red-light districts look like church socials.

At the height of Storyville's existence, the possibilities for excess ranged from visits to expensive, elaborate brothels and bars that were the casinos of their day, to tiny, dark, foul-smelling cribs, which were little more than livestock pens with beds. In addition to selling sex, some claim Storyville was the birth place of jazz. But jazz was born long before Storyville. What Storyville did, however, was employ as many as fifty musicians a night, including some of the early jazz greats like Clarence Williams and Jelly Roll Morton.

Jelly Roll Morton played piano at Emma Johnson's during her notorious, live sex-circus shows. In addition to tickling the ivories, Clarence Williams was a cabaret manager who invented the "Ham Kick." The Ham Kick was a contest for willing females. A ham was suspended from the ceiling, and if a woman was able to kick it, she got to take it home. But it needed to be obvious to the audience that the woman wasn't wearing any underwear.

Did the Customer Always Come First?

According to the few lasting memoirs from nineteenth-century madams, the men who arrived at their brothels were often lonely. They were men who felt like aliens in a changing society that offered few comforts. Their hope was to find a moment of connectedness with a kind and caring woman. But even in the rare situations when a prostitute did pretend to be kind and caring, she was often getting ready to service her next customer before the man had finished his final thrust.

When Al Rose (author of *Storyville, New Orleans*) interviewed men who had been frequent customers of the prostitutes of Storyville, similar stories were told in different words:

“She’d take hold of your prick and milk it to see if you had the clap. I think the girls could diagnose clap better than the doctors at that time. She’d have a way of squeezing it that if there was anything in there, she’d find it.... Then she’d fill the basin with water and put in a few drops of purple stuff—permanganate of potash, it was... Then she’d wash you with it. She’d lay on her back and get you on top of her so fast, you wouldn’t even know you’d come up there on your own power. She’d grind so that you almost felt like you’d had nothing to do with it. Well, after that, she had you. She could make it go off as quickly as she wanted to—and she didn’t waste any time, I’ll tell you. How did I feel about it?... I was never satisfied. I don’t mean that I thought that the girls of the district had cheated me... They’d drain me off. I’d be depleted and enervated—but I never had the feeling of satisfaction that I was always looking for. The truth is that a man wants something more from a woman than that... No, I can’t say I have happy memories of the District. I just had a weakness for those whores—and they were so easy to get.”

The next Storyville veteran interviewed by Rose had frequented the more expensive brothels in Storyville and had the added perspective of comparing American prostitutes with those in other parts of the world:

“She approached me and seized my genital organ in one hand, wringing it in such a way as to determine whether or not I had the gonorrhea. She

did this particular operation with more knowledge and skill than she did anything else before or after.... She washed me with some foul-smelling disinfectant and lay down on the bed, inviting me to mount her. This I proceeded to do, and the mechanical procedure that followed endured for perhaps a minute.... I've been in whorehouses all over this globe. I've been in the cheap brothels of Montmartre and in the House of Seven Stories in Tokyo. I've been fucked in Singapore, Kimberly, San Juan, Buenos Aires, and Calgary... The foreign whores, somehow, manage to feign an attitude that leads you to believe, at least for the moment of intercourse, that you have their attention and that they are interested in seeing that you have a pleasant time. While they never do it free, they always seem just a little surprised when you hand them the money—as though they'd forgotten about this crass detail... Storyville whores, no matter how well-dressed or how gaudily expensive the whorehouse, were avaricious, greedy, and uncouth.... No house in the District could, with their practices, survive for a month in Paris.... It took much time and trouble to seduce the young ladies of our social circle, though I sometimes took the time and trouble. These experiences, few and far between, were much more satisfying—but it was difficult to make the effort with the District so near.”

Dating Does the Prostitute In

While talking about prostitution's decline in America is more academic than erotic, it helps us understand about the birth of dating and sex as we know it today. By the time the 1800s were over, prostitution was in decline and sex in America was starting to assume its current shape.

You would think that in the history of sexual relations in America, dating would have come before prostitution. But it happened the other way around. Prostitution was a mighty force in America from the 1830s until the end of the century, when dating started to take its place. While dating by no means boarded up the brothel door, it was one of the things that helped drive a stake through the heart of the harlot as a central figure of sex in America.

By the 1900s, the "new" American woman was becoming the standard bearer of sexual release, and she didn't work in a brothel or bear the stigma of women who did. Women now had the option of more jobs and better wages, including white collar jobs in sales and in the service sector. They were also gaining more sexual freedom.

The winds of favor that had made prostitution the centerpiece of popular culture started changing direction. Young men and women started expecting sexual enjoyment to be the reward of relationships rather than the result of pulling a dollar from a wallet. Dating and "stepping out" became the new darlings of our market economy, helping to ease prostitution into the shadows.

In the 1890s, the average age of a New York City prostitute was as young as fifteen years. By 1915, the average prostitute was twenty-five with some being as old as thirty or forty. Prostitution was no longer an entry-level position for young girls in America.

There were many reasons for prostitution's decline, few having to do with reformers, anti-vice crusaders, or sexual repression. As New Orleans Mayor Martin Behrman lamented shortly before World War I when the Secretary of War forced him to shut down Storyville, "You can make it illegal, but you can't make it unpopular."

One of the reasons for prostitution's decline was the failure of prostitutes to put the satisfaction of the customer ahead of their own greed. Prostitutes also

refused to operate within socially acceptable boundaries. Prostitution in America had become like a neighbor who never turned his stereo down.

Downtowns started to grow and become centers for shopping and commerce. Good taste dictated that they needed to be protected from the antics of prostitutes who couldn't keep from lifting their skirts in the faces of men on the street. Prostitutes in the nineteenth century knew no subtlety, not that those in the current day are models of modesty and good taste. Changes in real estate, jobs and technology were making the in-your-face type of prostitution of the 1800s a liability instead of an economic plus.

During the 1800s, brothels were the most lucrative tenants for real-estate owners. However, in the 1900s, this was starting to drastically change. Land was badly needed for skyscrapers and high-rise apartments. Factories and office buildings needed space to expand, with nowhere to go but the land occupied by brothels.

Many city governments in the 1800s would have gone bankrupt without the fees they collected from their brothels. However, with the start of the twentieth century, the revenue base of America's cities grew stronger, and politicians had their fingers in more pies than just the prostitute's. Close ties to prostitution were no longer worth the political repercussions, and politicians were finding cleaner ways to get dirty money. Due to citizen demands for reform, corruption in police forces was decreasing. Policemen could no longer collect large stashes of cash from prostitutes, and so the incentive to protect them was evaporating. All of these factors helped make the climate for prostitution less favorable.

By the 1900s, telephones were widely available. A man could phone a prostitute and arrange a meeting for sex rather than needing public spaces for the transaction to occur. The telephone also helped make gambling and numbers-running more profitable than prostitution.

There had always been a close association between alcohol and prostitution. What made the throat wet also helped to quiet the mind. It was also easier for a prostitute to relieve a drunken trick of his money than a sober one. But with the start of Prohibition, the availability of alcohol in social settings became limited to speakeasies. Prostitutes followed the shot glass, and speakeasies became America's new brothel. While speakeasy sex could be notoriously brazen, it was

also hidden, allowing the rest of society to turn a blind eye.

A major source of demand for prostitution in the 1800s had been the huge waves of immigrants, led by younger males who left the old world to find their fortunes in America. However, by 1933, the number of immigrants to America had fallen to 23,000, down from nearly a million a year during parts of the 1800s. Lower male-to-female ratios no longer favored the business of prostitution.

While settling the West had often been the job of male pioneers and gold prospectors, America's railroads were making travel safer and more sensible for women. During the covered-wagon days of the 1800s, small towns often had ratios of one woman to every 10 to 100 men. These numbers started to even out by the 1900s. The long lines in front of "the whore's tent" were becoming a thing of the past.

With the invention of photography and leaps in printing technology, pornography was becoming a lucrative business. Resources that had gone into prostitution during the 1800s started shifting into pornography during the 1900s, to the point where adult films, magazines and X-rated websites would one day rival the market domination that prostitution had held. The porn starlet of today may have well been the parlor girl of the 1800s.

Brothels and concert saloons were the command centers of prostitution after the Civil War. But by the 1900s, movie theaters were becoming the hubs of entertainment. The new movie theaters offered social legitimacy and dark balconies—providing a new set of sexual possibilities. Rather than being haunts for beer, burlesque and prostitution, the movie theaters were a place to take a date, find entertainment, eat popcorn, enjoy fine confections, make out and cop a feel. They provided places where a respectable girl could go with the approval of her parents and be sexual but not scandalized.

While the whereabouts of the sporting man's penis in the 1800s was controlled by the number of bills in his wallet, after the 1900s it became fashionable for him to surrender control to his *sweetheart*. The single man's sexual expectations were changing. He and his partner were exploring sexually while keeping the head of his penis on his side of her hymen. Since intercourse was increasingly tied to serious relationships, men and women started marrying

at a younger age than they had in the 1800s.

Around the time of the Civil War, sex between whites and blacks was a gray area. While people certainly noticed, their protests were often limited to searing stares and mumbled expletives. In many of the commercial sex venues throughout the country, interracial sex was not uncommon. However, by 1900, segregation was becoming the law of the land. The new segregation laws were impacting commercial sex districts, like the nation's number-one address for vice, Storyville in New Orleans. (Storyville had originally been set up as two separate, segregated vice districts, one for white prostitutes and one for black prostitutes, but this was ignored until its final years.)

A fascinating motivator for the move to close the brothels was not so much the feminist or religious outcry, but the growing sentiment that sperm was a bad thing to waste. For instance, camp whores had been seen as an important way of providing Civil War soldiers with a much-needed sexual release. But by World War I, Americans felt that prostitutes posed a great danger to our soldiers, both with venereal disease and physical depletion.

With America's approaching involvement in World War I, we believed that the best way to protect our boys was to keep their khakis on. Harsh new laws were enacted to protect our troops from the dangers they might encounter when their private parts were in a prostitute's hands—as if mustard gas and the trenches of Western Front could not compare. Cities that didn't aggressively hide their red-light districts faced losing their war-related expenditures. In the case of Storyville, the Secretary of War told the City of New Orleans that if it didn't shut down its famous vice district, they would send in soldiers to do it. Where prostitution used to be a financial lifeline, it now threatened the wartime gravy train.

Ransacked Hymens & Myths about the American Woman

During the first half of the 1800s, people believed that sexual enjoyment was just as important for women as for men. But as the latter part of the century ticked away, some very bizarre theories emerged about women's sexuality and about women in general.

In 1881, the *New York Times* claimed that the reason for the falling birth rate among the better classes was because women were addicted to the "purse-destroying vice" of shopping. According to the *Times*, promiscuous and unrestrained shopping was destroying the fabric of American life. Even the head of the Women's Christian Temperance Union cried out against "the love of finery," which she said was one of woman's greatest temptations.

A popular public-health manual warned about the physical cost to women of higher education: "Great mental exertion is injurious to the reproductive power" and "college produces women with monstrous brains and puny bodies." Not to be outdone, some of America's best-selling books in the latter part of the 1800s claimed the place of a Christian woman was in the home, where she could excel at cleaning, cooking, mending and having kids. An editorial in America's leading medical journal in 1911 lamented the new trend of women choosing careers over marriage. America's physicians, it said, should always encourage marriage.

Medical experts began to claim that women were pure and free from sexual desire or excess. Women were starting to be described as innocent of the faintest ray of sexual pleasure, and it was said they never experienced feelings of physical pleasure or yearning.

Still, America's streets were lined with prostitutes and our newspapers were overflowing with ads for birth control, so the people who concocted the new propaganda about women's natural state of purity added the caveat that if a woman was exposed to wanton sexuality, she could easily be lost to sin and hopeless vice. Vice was apparently more robust than purity.

It is likely that these bizarre theories emerged as a backlash to the social and economic advances that women in America were beginning to make by the end of the 1800s. More teenage girls from the middle class were going to school, and

they often outnumbered boys in high school. Instead of going straight home after school, the new breed of American girls socialized with each other and with boys. Instead of cooking, sewing, and caring for younger children, they were reading books and thinking thoughts that were previously restricted to men. By the end of the 1800s, a more independent, modern American woman was being born, and this was disturbing to both women and men from prior generations.

Worse yet, between 1870 and 1920, the divorce rate in America increased 1500%. The size of the middle-class American family had plummeted, and an increasing number of women were choosing careers over marriage. Women were increasingly being seen as assassins of the white, middle-class family.

As for notions of women being pure and avoiding sex, the new invention of the moving picture begged to differ. The most popular titles shortly after the turn of the century showed American women as being sassy, seductive, and very much in control.

Technology Gives America a New Nightlife

Technology can change a culture in many ways. Think of how the television changed America. And what about the car, radio, phone, record player and iPod?

The influence of technology was particularly profound after the 1870s, when Thomas Edison's invention of the light bulb may have done more to liberate American women than the day's feminists and social activists.

Before Edison brought us the light bulb in 1879, America's downtowns after dark were dangerous and scary places. They were lit by gas lights which cast dark, ominous shadows. However, the electric street light helped transform America's downtowns into places that were bright and inviting. America's women no longer needed to stay behind closed doors after dark, and our modern concept of the nightlife was being born. The scene was set for America's women and men to start going out and "steppin' out."

When we think about how the electric light helped change the way that Americans socialized, the invention of the telephone had an even greater impact. In 1848, it took upwards of a month to get a letter from coast to coast. Good luck casually checking in on a friend who lived only five miles away. Fifty years later, Americans were talking to each other on nearly a million telephones. The new telephone industry not only created thousands of jobs for women as telephone operators, but the young women who now had good jobs were able to call each other and say, "Let's go to the movie" or "Meet me at the soda shop." Modern dating began with the first generation of men who called women at the start of the 1900s to say, "Would you like to go out dancing with me?"

Technology not only changed how we spoke to each other, but how we could meet each other. For instance, in April of 1846, the Donner party began their famous journey west. If you wanted to go west, the covered wagon was the only game in town. But that drastically changed in May of 1869, when the final spike was hammered into the first of five transcontinental railroads that would connect East and West. What used to be a perilous journey in covered wagons now took less than five days by rail. By 1880, railroads crisscrossed the entire country. Not only did they provide a safe and convenient way for men, women and their families to populate new parts of the country and to visit each other, but the

railroads allowed goods produced in one part of the country to be sold in another. Completing the railroads was no less of an engineering feat than putting a man on the moon—which occurred exactly 100 years after the completion of America’s first intercontinental railroad.

Soon after the railroads were built, Americans turned to building public transportation in our cities. Public transit helped America’s downtowns and new amusement parks become centers of social activity. Not only would young men and women have places to go for socializing after work, the new networks of public transportation would give them a way to get there.

Technology also transformed how long we lived. From 1800 to 1870, the average white American could expect to die at the ripe old age of 39. But suddenly, between 1880 and 1900, our life expectancy leapt to almost age 50. Infant mortality dropped in half. Why the sudden change? Cities began installing sewer and water systems between 1880 and 1900.

Imagine how bad our cities smelled before the installation of sewers and the diseases we suffered due to the lack of sanitation and potable water? It was the new sewers and plumbing, rather than advances in medicine that added ten more adult years to the lives of Americans. Ten more years for us to have romance and sex.

What Used to Happen in Private Becomes Public

It wasn't until the very end of the 1800s that dating and the social mixing of young men and women started becoming a normal part of popular culture. Before then, males socialized with males, and females with females. And when young men were allowed to be with young women, there was often a chaperone.

The segregation between the sexes was so great that during the last third of the 1800s, nearly one-in-every-five men in America belonged to a male-only fraternal order—from the Freemasons and Odd Fellows to the Knights of Pythias, Modern Woodmen of America and Improved Order of Red Men. These secret fraternal organizations required men to be at the lodge many nights each month for the initiation rites that were held when a member rose from one level in the fraternal order to the next. Membership in fraternal orders began to decline rapidly as technology helped transform American popular culture into a dating culture at the end of the 1800s. To survive, the fraternal organizations had to trim their elaborate initiation ceremonies.

Only a few years after the invention of the electric light bulb and the telephone, the moving picture arrived. This invention would herald in the era of the majestic movie palace, where couples could meet and date.

In 1895, there had been no amusement parks on New York's Coney Island. By 1904, three newly-built amusement parks were attracting more than 4 million visitors to Coney Island each year—many of them young couples on dates. One of the first amusement parks on Coney Island was lit up by 250,000 of Edison's miraculous light bulbs.

After the first years of the 1900s, almost every city in the country had amusement parks. Some of the new amusement parks were as amazing as Disneyland and Disney World are today. They became popular venues where millions of American couples and families would spend the day or evening.

Visitors to these story-book amusement parks could marvel at exhibits such as "Streets of Cairo and Mysterious Asia." They could see the latest in technology in the great halls, or listen to the new phonographs and view the new moving pictures. Visitors could enjoy the carnivals with their magnificent carousels, roller coasters, skating rinks, and even "Blowhole theaters" where

jets of air would blow women's dresses up into the air.

Some of the most popular attractions in America's amusement parks were their dance halls and ballrooms where single men and women could meet—men and women who didn't know each other beforehand and who were not chaperoned. Before then, unsupervised meetings of single males and females were often in sleazy surroundings, where it was assumed that the women were prostitutes and the men their customers.

Magnificent events called "world's fairs" and "expositions" began awing millions of Americans. 14 million people attended the Chicago World's Fair of 1893. By 1904, another 19 million people would attend the great expositions in Atlanta, Nashville, Omaha, Buffalo and St. Louis. These events impacted their hosting cities like the Olympics do today.

Until the end of the 1800s, much of America's nightlife had centered around the hard-drinking, prostitute-loving, sporting culture of males. The new amusements prided themselves on having no beer gardens and on quickly removing any thugs or drunken patrons. They were some of the first places in America where members of all genders and economic classes could mix and mingle, and they helped transform the way that Americans socialized. They marked the beginning of dating as we know it today.

Beyond the Boundaries of Home

During the 1800s, the American woman of the middle and upper classes had prided herself on being the anchor of the home. She provided her spouse with a refuge against a working world that was difficult and demanding. The home was where he went to escape the gambling, whoring, and bawdy street life of the lower classes.

However, as one author put it, “God Bless Our Home” never meant “God Make Our Home Happy.” By the end of the 1800s, the American woman’s options were evolving. It was becoming safe for women of any social class to be out in public, laughing and dancing with men they didn’t know, without having to worry so much about their reputations. There were now places where young Americans could meet, and the public transportation to get them there and back.

Venereal Disease in the Time of Victoria

No discussion of sex in the 1800s would be complete without a look at venereal disease.

An interesting thing happened to venereal disease over the course of the 1800s. In the mind of physicians, syphilis and gonorrhea went from being no more serious than a headache or cold, to a social and moral plague that was worse than cancer or leprosy. The truth was somewhere in between.

It wasn't until 1837 that scientists discovered that gonorrhea and syphilis were two distinct diseases. Even then, there was little awareness that syphilis could cause blindness, heart failure, insanity and death. The more devastating forms of the disease that did not occur until years after the initial infection were not understood to be parts of syphilis until the late 1800s. Before then, physicians thought that these were separate diseases that had nothing to do with sexual infection.

As for gonorrhea, physicians believed that it was a benign infection, often resulting from too much sexual activity. Well into the 1870s, many physicians assumed it was normal for women to have gonorrhea and that there was no reason for concern. It wasn't until the latter part of the 1800s that we learned gonorrhea was a cause of sterility in women, and could cause blindness in a child who was born to a woman with an active case.

Once physicians started becoming aware of how dangerous venereal diseases could be, the pendulum swung far in the other direction. A moral panic ensued in the ranks of our medicine men. Although they had no clinical tests to confirm the presence of venereal disease, leading physicians made bold, unfounded declarations that venereal diseases caused more death and destruction than all other diseases combined. They made outrageous claims that as many as 80% of American men had a venereal disease. They declared that we could get venereal diseases from cups, kisses, pens, pencils and toilets. Cases of vaginitis among school girls were said to be gonorrhea, and people had to be especially wary of contact with America's immigrants, who, physicians warned, were naturally disposed to moral and physical degeneracy.

Once the medical community became aware of the danger of venereal

disease, they did not treat it as a medical matter, but as a problem of morality. When they did provide “education” about venereal disease in the 1900s, it was fear-based and shame-based. When some states started requiring proof of no venereal disease before issuing a marriage license, it was only the man who was examined. Such examinations were thought to be disrespectful for a proper woman.

America’s physicians, who were starting to view themselves as the new high priests of morality, stated that venereal disease posed an even greater threat to the American family than birth control. Perhaps, they wrote, the decreasing size of the American family wasn’t the fault of selfish women who were practicing birth control, but of philandering husbands who were bringing home venereal diseases that were making their innocent wives sterile!

These ideas fit nicely with the sentiment of America’s finer minds that women were constitutionally weaker than men. Not only were women’s bodies being emaciated by foolish pursuits such as attending college, but America’s leading physicians were now declaring that our women were being cheated from their sole purpose and destiny in life—to bear and raise children—by the venereal diseases of an immoral society.

Just how much the general population paid attention to our physicians’ hysteria is not known. While popular newspapers and magazines were happy to accept paid advertisements for quack venereal-disease cures, they were terrified to actually report on the subject. In 1906, the popular *Ladies’ Home Journal* became one of the first magazines in the country to publish articles on venereal disease, and it lost 75,000 subscribers as a result. As late as 1912, the U.S. Post Office seized Margaret Sanger’s pamphlet *What Every Girl Should Know* because it talked about syphilis and gonorrhea. It was declared obscene under the Comstock Law.

Even if the general population did know about the physicians’ fears, history shows that this might not have altered their behavior. For instance, in the 1840s, physicians started declaring that masturbation caused insanity, but there is no evidence that their dire warnings stopped a single person from masturbating. Even today, when we know that unprotected anal sex can cause AIDS, the practice of barebacking remains epidemic in large parts of the gay community.

And good luck getting Americans who are having intercourse with a new partner to consistently use condoms.

It is difficult to know how extensive venereal disease was in America during the 1800s. Since the more devastating secondary and tertiary phases of syphilis were thought to be caused by other diseases, we don't know how many people died from them in the 1800s. And once the connection to syphilis was understood, physicians would often change the cause of death to protect the reputation of the family. Also, the diagnostic criteria for venereal disease was so broad that many people who did not have it were diagnosed with it.

What we can assume is that venereal disease was a significant problem and that many people died from it in the 1800s. We also know that the "cures" for syphilis were often toxic and could cause as much pain and suffering as the disease itself. However, because the initial symptoms of syphilis usually became dormant as a natural part of the disease's progression, even the strangest of the quack cures were thought to cure it.

While prostitution was often blamed as the source of venereal disease, it is unlikely that fear of catching the disease caused the decline in prostitution in the United States. The decline in prostitution started in the last decades of the 1800s, while awareness of the true dangers of venereal disease had not become part of the nation's consciousness. Even then, the newfound knowledge did not stop people from visiting prostitutes.

Anti-Obscenity Laws of the 1800s

The 1800s brought America its first anti-obscenity laws.

By the end of the 1800s, our government had given itself the authority to throw people in prison for up to ten years at hard labor for mailing information about condoms or for printing or receiving a romance novel that was declared obscene by postal inspectors—men whose sole basis for expertise was their membership in the Young Men’s Christian Organization or the Society for the Suppression of Vice.

A name that has become synonymous with anti-obscenity laws in America is that of Anthony Comstock. The anti-obscenity laws of 1872 that were nicknamed after him were the most far-reaching of any in our nation’s history. Yet America’s first federal anti-obscenity laws were enacted in 1842, when Anthony was a mere twinkle in the eyes of his evangelical Christian parents.

These laws were part of the Tariff Act of 1842. This might seem strange, given how tariff acts are supposed to regulate foreign imports. But that was the point. Our politicians assumed that the indecent materials that were circulating in America in the 1840s were imported from abroad, particularly from Satan’s country of birth, France. America’s first federal anti-obscenity law attempted to stop “the importation of all indecent and obscene prints, paintings, lithographs, engravings and transparencies.”

It was beyond the comprehension of American politicians that some of the erotica that was starting to flood our cities may have been homegrown. From their perspective, the new wave of printed filth must have followed the immigrant aliens from Europe who were landing on the sacred shores of our forefathers.

The second round of anti-obscenity laws were enacted in 1865. These were an expansion of the Tariff Act of 1842. Again, Anthony Comstock had nothing to do with them, as he was still a proselytizing and unpopular Civil War soldier stationed far from combat in Florida.

By 1865, the newer printing presses had the ability to mass produce photographs, particularly those of Victorians doing nasty things. As a result, dirty books were fast replacing the Good Book as the mainstay of the Civil War

soldier's knapsack. Special X-rated booklets were made in smaller trim sizes that allowed them to conveniently accompany the Civil War soldier. While it was fine for a soldier from New York to kill a soldier from Virginia, our government believed it was morally unacceptable for a soldier to keep a picture of a naked woman next to his spare ammo.

The crowning jewel of American anti-obscenity legislation came in 1872. It was the brain child of the conservative power elite from the Young Men's Christian Association. This unusual legislation was passed during a last-minute, late-night session of Congress. It is unlikely that members of Congress understood its implications any more than Congressmen understand the laws they pass today. But at least with today's laws, there is usually a quorum in the House of Representatives before a vote is cast, and legislation seldom passes the Senate without the vote being recorded. Neither condition was met when the anti-obscenity legislation was passed in 1872.

Comstock's law, which was nearly identical to one written by members of the YMCA a few years prior, was quite deceptive. Its stated purpose was to close loopholes in legislation that prohibited the interstate sale of obscene literature and materials. It's title was "The Act for the Suppression of Trade in, and Circulation of Obscene Literature and Articles of Immoral Use."

But buried in the text of Comstock's law was the inclusion of "any article whatever for the prevention of conception, or for causing unlawful abortion." Not only had Comstock managed to make it a crime to send contraceptive devices in the mail, but he made it illegal to send information about birth control as well. The highly repressive laws that he and his cohorts got through Congress helped breed a number of state laws that made it a crime for a physician to even discuss birth control with his patients.

The Comstock law made it illegal to give away, exhibit in any manner, publish, write, print or have any card, circular, pamphlet, book or notice of any kind, any drug, medicine or article for the prevention of conception or for causing abortion.

Before 1872, contraception in America was neither obscene nor illegal. For the next hundred years, it would be. It was not until 1965 that the courts would declare it illegal for a state to prohibit the use of contraceptive devices, and it

wasn't until 1971 that it became legal to send information about birth control in the U.S. mail.

Thanks to the Comstock legislation, the federal government now controlled the reproductive behavior of its citizens.

Anthony Comstock was rewarded for his efforts by being appointed the nation's chief postal inspector. Not only did his new law give him the power to seize material, but to arrest those sending it, as well as those who received it. That might not be such a big thing today, when many alternatives to the U.S. mail exist for sharing information. But in the 1800s, the US mail was the main artery short of telegrams for getting information from point A to B.

As America's first czar of the chaste mind, Comstock believed that the minds of the young were delicate and easily corruptible. He believed that any materials that could generate impure thoughts were obscene. This included information in leading medical journals about birth control.

Allowing Anthony Comstock to police the U.S. mails was like allowing an abortion-clinic bomber to have oversight of Planned Parenthood. Remarkably, it is difficult to find evidence that Comstock and his anti-obscenity crusade helped stem the flow of pornographic materials that might be considered obscene. He may have inconvenienced the producers of pornography, but he was unable to check them.

Comstock did his damage by stemming the flow of information about reproduction and birth control. In 1913, after searching some of the biggest libraries in America for information about contraception, birth-control crusader Margaret Sanger could find virtually no medical information about birth control anywhere in America. This had not been the case in America before the 1870s, when information about birth control had been freely available. (The stance of America's physicians against the use of contraception did little to help check Comstock's influence. Physicians, who were mostly white, male, Protestant and from the better classes, were trying to position themselves as guardians of the American family. Many of American's physicians in the late 1800s believed women should be at home, having and raising children.)

While it is easy to make blanket condemnations of people like Comstock, we need to remember that Congress and the courts could have stopped him. Instead,

they usually did the opposite. It is also important to remember that the purity groups of the late 1800s occasionally had an important battle on their hands. It was not unusual for twelve-year-old girls to be turning tricks in houses of prostitution. This, and the out-of-hand nature of prostitution and pornography, was often at the center of their concern.

Fairies, Wolves, Trade and Loop-the-Loop

An important starting point for our modern categories of straight, gay, and bisexual occurred at end of the 1800s. This is when the notions of heterosexual and homosexual first got off the ground. Before then, males in America tended to socialize with males, and females with females. Men could sleep in the same bed without eyebrows being raised, and two men who had a caring relationship did not usually pay a large social price for it as long as they did not flaunt what they were doing or appear to be effeminate. And it was perfectly normal for women to live together and share the same bed for much of their adult lives. This doesn't mean that the vast majority of men and women weren't heterosexual. It just means we didn't pay as much attention to it.

Until the end of the 1800s, an American male was not usually ostracized for having sex with another man as long as it seemed like he was maintaining the normal male role in the sexual act. It was only the guy on the receiving end of male-to-male sex who was considered a “fairy,” “queer,” “invert” or member of the “third sex.” For instance, a masculine-appearing sailor who let it be known that he enjoyed having sex with a male prostitute lost no social standing because people assumed that it was the male prostitute who was taking the “woman’s role” in sex. The effeminate male was called a “cocksucker,” “pogue,” or “two-way artist,” depending on whether he liked to give oral sex, receive anal sex, or do both.

Even when the government set up a sting operation to entrap homosexuals in the Navy in 1919, the male decoys who allowed themselves to receive oral sex and who were the inserting partners in anal sex did not consider themselves to be homosexual, nor did the Navy. Only the sailors who performed oral sex or received anal sex were charged with criminal activity.

By the end of the 1800s, same-sex activity could be found at social clubs, baths, beaches, parks, tearooms (washrooms and comfort stations where men were known to meet for same-sex activity) and rooming houses. The larger cities in America had masquerade balls where men dressed as women, dance halls where same-sex couples danced, and certain buildings and public parks that were known for their cruising and pick-up opportunities. By the time the 1900s rolled around, a young man wanting to explore sex with other men couldn't go wrong

by getting a room at the local YMCA, as the Y would soon become the vortex of same-sex relations for males in America. Lesbian enclaves were forming as well by the end of the 1800s.

On the commercial side of same-sex relations, there was no shortage of “fairy prostitutes.” Sailors in the 1800s had a full range of sexual possibilities, from female prostitutes who crowded naval ports, to interested males who would wine and dine sexy seamen in exchange for being able to give them oral sex or share anal maneuvers.

Only as the social order started to change in the late 1800s and early 1900s did the notions of “homosexual” and “heterosexual” come into play. Women were suddenly getting high-school and college educations, and they were beginning to compete with men for jobs in the workplace. Middle-class males found their world being invaded by women. One way these men coped with the increasing social status of women was to see themselves as having distinctly different roles from women, or to appear to be the opposite of women. This had never been necessary because men’s and women’s roles in society had been so different. It may have been the origin of our modern-day notion of masculinity, which rests upon the premise that a man’s feminine side needs to be well-hidden. This also corresponded with a time in the late 1800s when physicians and psychiatrists were trying to invent the notion of psychopathology. Men who were attracted to men became targets for modern psychiatry, as did women who were defying the social order by choosing careers over motherhood.

Again, the percentages of men and women who were straight, mostly straight, bisexual and gay were probably no different in the early 1900s than in the 1800s or today. It's the social stigmas that were beginning to grow.

Then and Now

This is as good a place as any to end our look at sex in America during the 1800s. While it is sometimes difficult to see the forces that are guiding our sexual choices of today, that is certainly not the case as we peek under the sheets of generations past.

Whether it's 1850 or today, our sex drives have always been present. They are the engines that entice us to be naked together. But how we get there and what we do when we get there often depends on the time and culture.

Today's young couples might wonder about techniques for giving each other better oral sex. In the 1800s, there were no articles in books or magazine about oral sex.

Modern technology in the 1800s became a vehicle for delivering pornography just like modern technology has today. Consider the invention of the phonograph recording in the late 1800s. The brand-new technology of Thomas Edison and Alexander Graham Bell was soon being used to delight listeners with the sounds of vulgar conversations, dirty songs, simulated sexual encounters, and even a "secret" recording of a husband's verbal advances to the family maid.

You could fill an entire book talking about the impact of the Model T on dating and relationships in America. It was just around the corner from where this chapter stops. And what about comparing the impact of the railroads in the 1800s with the Internet today, or the obscenity laws of the 1800s with recent attempts of the FCC to levy massive fines for indecency?

As our great, great-great-grandparents were the guardians of sexuality the 1800s, we are its guardians today. While much has changed, many of the dualities remain.

Sex Slang from the 1800s

crib girls—prostitutes who lived in tiny row houses or shacks that were known as cribs. Crib girls were often former brothel workers who had grown old or were in poor health. They often had to pay high rent to a landlord, pimp or madame.

cruisers—prostitutes in New York City who gathered in small groups along Broadway. If these girls had a sense of subtlety or reserve, it was hidden well.

French love—when a prostitute was willing to give a man oral sex.

gamahuche—to have oral sex with, “she gamahuched me with her warm lips.”

gash—vulva

grog shops—term for bars or taverns that often had rooms in the back or upstairs that were rented to prostitutes in order to service customers (1790 to 1820), aka “slop shops” and “tippling houses”

guidebooks—in most cities around America, small guidebooks were printed that listed the brothels and their specialties. These books were often made in a size that could easily fit into a coat pocket.

have your ashes hauled—for a man to be sexually serviced.

lemon—stealing the money of a man when he was focused on the sexual favors of a woman.

masquerade balls—masked balls which were often sponsored by the madams of the leading brothels. These became popular in the 1840s and remained so for the rest of the century. Dress for these often elaborate and elite affairs ranged from masks and magnificent costumes to masks and the costume you were born in. By the end of the night, the line between a masquerade ball and a drunken orgy was sometimes thin.

panel house—a room used by prostitutes with a false wall that an accomplice could hide behind. He or she would quietly rob the customer’s wallet once his pants were off.

public houses—brothels where the average man was welcome. Often had long, loud lines of drinking and drunken men, especially from Saturday night to Monday morning.

signboard girls—prostitutes who lived on the streets and did their tricks in back alleys or behind billboards or large street signs. These were women who didn’t have a single good thing going for them.

soldier’s disease—drug addiction to morphine by Civil War veterans. Morphine was frequently used as a pain-killer during the Civil War. A number

of soldiers became addicted as a result.

sporting culture—generations of hard-drinking, prostitute-loving, gambling, fighting American males who abandoned traditional mores for a social life that was lived on the streets and in the back alleys of nineteenth century America.

Storyville—located in New Orleans between 1898 and 1917, the nation's most notorious and famous legally-mandated red-light district.

third sex—people who preferred to have sex with same-sex partners.

trade—manly or “normal” males who allowed or invited the sexual advances of “fairies” or effeminate-appearing males.

two-way artist—a man who gave other men oral sex and received anal sex, e.g. “a two-way artist is a cocksucker and a pogue.”

vaginal tents—diaphragms for birth control

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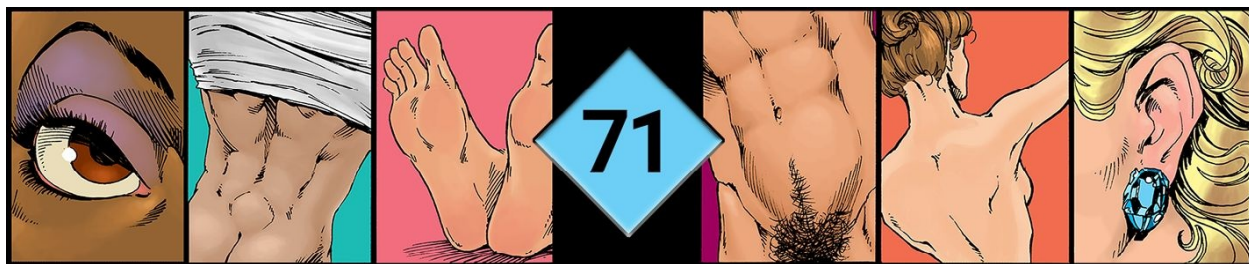
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Kink in the Animal Kingdom



Are humans the only animals who have sex for pleasure in addition to reproduction? Are most animals limited to having sex for reproduction and dominance only? Is there no kink in the rest of the animal kingdom?

Until recently, that's what the biologists had told us. Fortunately, some biologists have been reconsidering the idea that humans are the only animals who have sex just for the heck of it. So let's assume you are a biology professor who wants to study sex in the jungle (the real jungle, as opposed to one of the dorms on your college campus).

Sex in the Jungle

After spending years of applying for grants, your project is finally funded and your plane is about to set down in a third world country where you hope to observe bonobos in the wild.

Discovered in 1929, the bonobo is one of the Great Apes. The bonobo's genes are closer to human genes than most other living creatures; closer than even savanna baboons and chimpanzees. It's not that bonobos are identical to humans, but they are found swinging on 98% of the same limbs of the gene tree. Female bonobos don't give birth until they are 13 or 14 years of age, reaching full maturity by age 15. When they do have babies, bonobos nurse and carry their young for up to five years. While they don't ride skateboards or walk around with their faces glued to an iPhone, it can safely be said that bonobos are more like humans than white mice, rabbits or cows.

Your Lab in the Bush

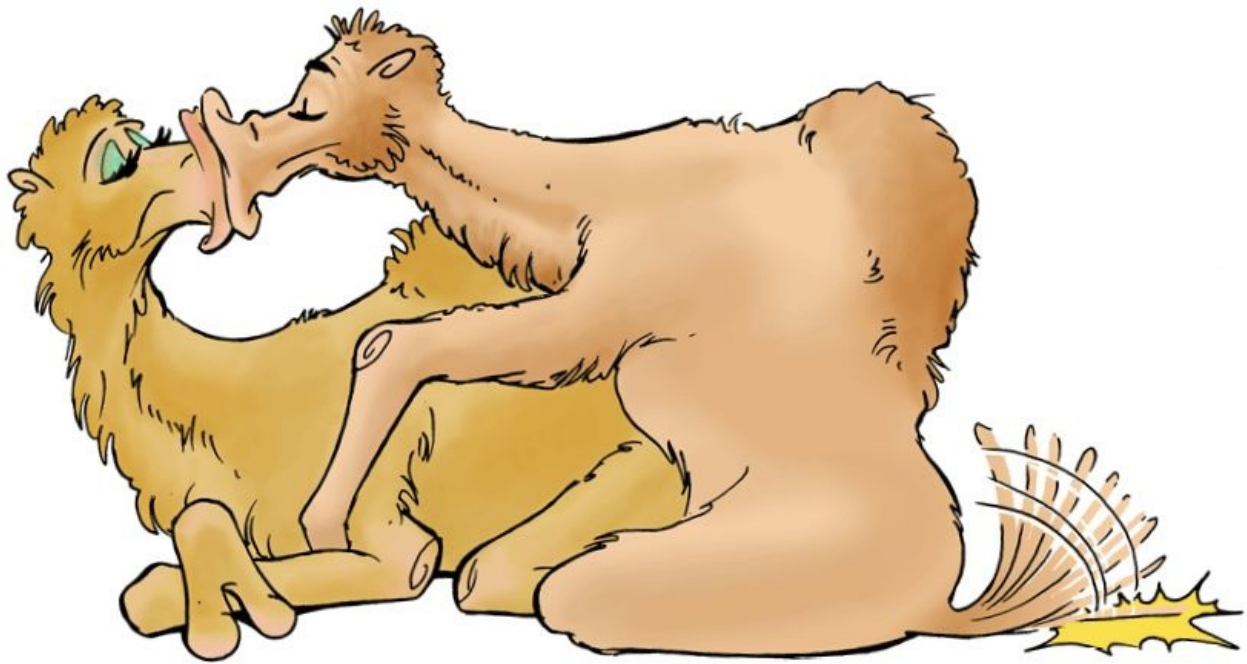
You are finally able to set up camp in an area where you can watch bonobos do what bonobos do. You write in your notebook that you have successfully paid off the local officials, and you are hoping that insurgent rebels won't capture, kill or rape you.

And then it happens—your first sighting. Not only do you see bonobos having heterosexual sex, but you notice one big male has his hand on the erect penis of another male and he's giving his bonobo buddy a handjob. Eventually you see two bonobo women rubbing their genitals together. You also observe two males rubbing their penises together in a pleasurable way, and then you see a male and female having face-to-face intercourse.

After your first year of observing bonobos, you decide that while they are certainly not sex maniacs, sex appears to be an essential part of their social interactions. Then, after two years in the jungle watching bonobos, you find yourself desperate for sea air, so you apply for another grant that will allow you to watch dolphins and whales have sex.

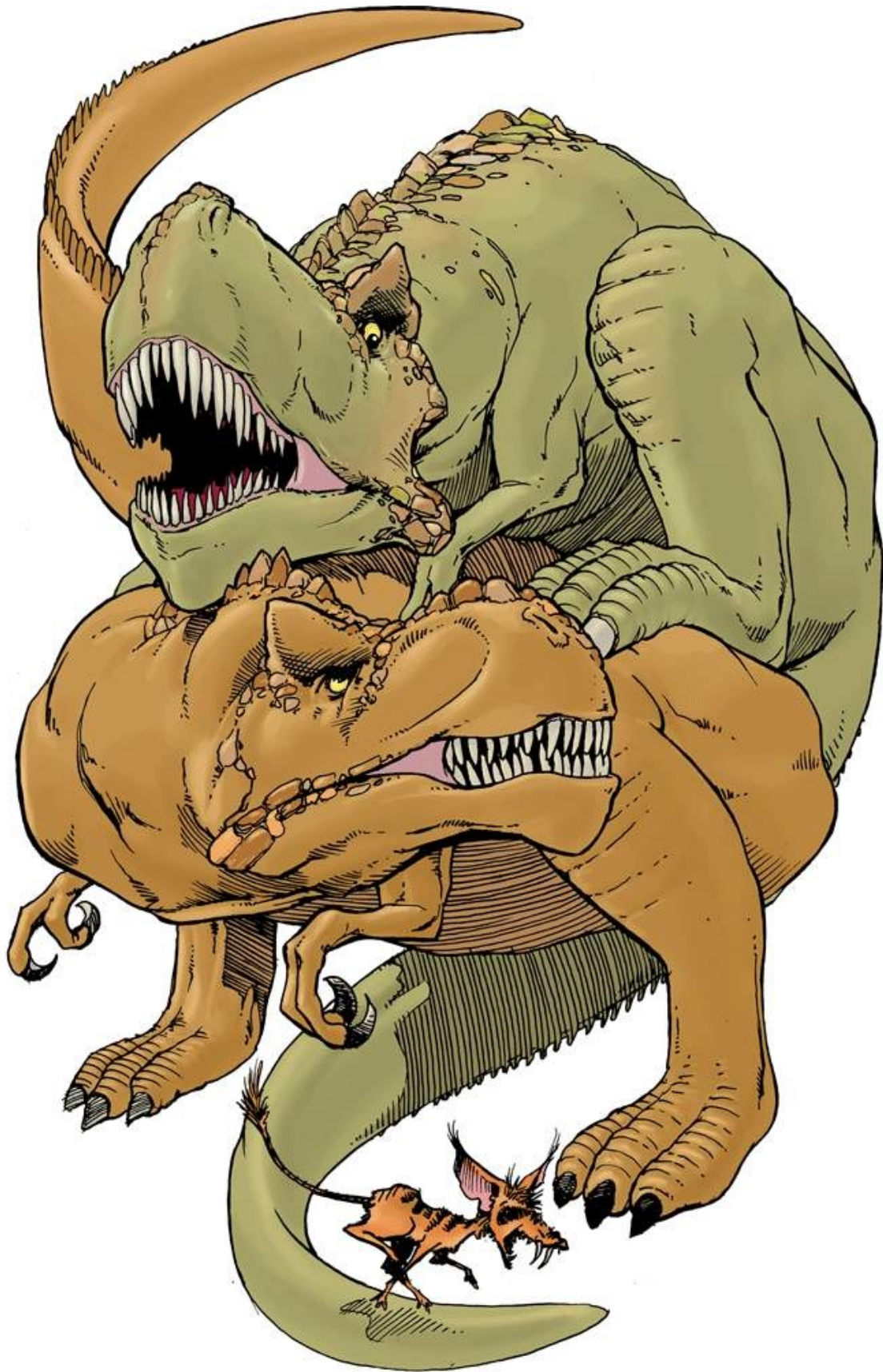
After a few years at sea, you long to go back to the jungle, only this time you apply for funding to watch giraffes have sex. By now, people who run the foundations are saying, "It's another funding request from that pervert professor to watch yet another species have sex." So instead of funding your project, the foundations fund programs that teach sexual abstinence to students in inner-city high schools.

You eventually sit down and try to make sense of all your findings. There's no way around it—your years of research tell you that the sexual encounters you have witnessed were not limited to acts of sperm competition, aggression and dominance. The same animals who one day were having a homosexual tryst might be enjoying heterosexual sex the next, and perhaps not for the sole purpose of procreation.

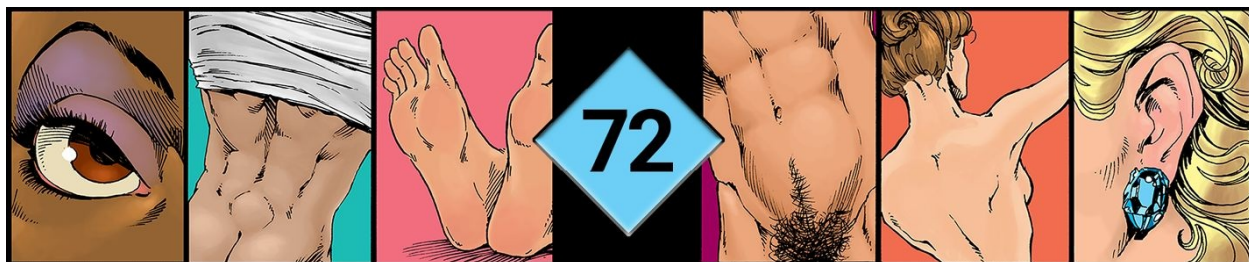


In spite of years of being told this can't possibly be, you get the sense that these animals were having sex for the mere pleasure of it, spilling sperm with a devil-may-care indifference to the theories about sperm competition. Good God, you say to yourself, I'll never get tenure now. So in order to make your findings more palatable to your colleagues, you report that animals have sex "in order to resolve conflict, for tension regulation, and as appeasement behavior." There, you didn't use the words "fun" or "pleasure," even if that's what you've been occasionally seeing in addition to sex for procreation.

In spite of what's in your report, you now know that animals enjoy a full range of sexual pleasure. Males can fool around with other males without it being a newsworthy event. Females can do whatever pleases them sexually. And you never once saw animals with bibles imploring their fellow animals to take virginity pledges. That kind of sexual negativity and shame-inducing behavior is only found on the highest branch of the evolutionary tree.



Tyrannies Having Sex—An artist’s conception of how the tyrannosaurus had sex. This shows how, in the Mesozoic Era, the term “I got some tail last night” was more descriptive than misogynistic. (Special thanks to dinosaur artist Luis Rey for inspiration.)



Gnarly Sex Germs

The most common reason for reading this chapter is when you are worried about having an infection that you'd rather not have, or when someone you had sex with a few weeks ago just sent you a text that starts with "BTW..."

This chapter provides a hopefully interesting look at the STI landscape. STI stands for "sexually transmitted infection." The old term used to be VD or venereal disease, with "venereal" coming from Venus the goddess of love. But the term venereal disease fell out of favor and STD took its place. STD stands for "sexually transmitted disease." However, the word "disease" isn't totally correct. The more accurate term is infection. Either way, it's unlikely your crotch will care. Call it whatever you like, just understand that a little prevention can go a long way in keeping you from having to consult this chapter again.

In the pages that follow, you'll see why condoms are effective in preventing some STIs but not others. You'll hear that getting an STI like herpes is not the end of the world. You'll learn why STIs that have no symptoms still need to be treated. And hopefully, you'll remember that HIV remains the mother of all STIs. It's just as easy to get HIV as ever. You want to avoid it at all costs. On the other hand, a new strain of antibiotic resistant gonorrhea has recently surfaced. Fortunately, condoms work well in preventing the spread of both HIV and gonorrhea.

Nothing you read in a book can take the place of a seasoned observer. So if you are concerned about having an STI, be sure to visit a healthcare provider or STI clinic. They'll probably ask you to drop trou. They might take blood, and they'll most likely have you pee in a cup. That's a small inconvenience for the benefits you'll be getting. (See more on this in the section on STI testing.)

Also keep in mind that the information on the pages that follow is just that: information. It is not meant to take the place of diagnosis or treatment by a trained healthcare provider and it is only up-to-date as of press time.

Sometimes, It's a Numbers Game

There would be a big drop in the number of sexually transmitted infections if people dated for a few weeks before getting naked together. By then, you would know more about a potential partner than how they fill out their jeans. You might decide “Looked hot, still looks hot, but not someone I’d like to sleep with.” Or maybe it would be the opposite, with the erotic tension paying off in extra pleasure once your pants hit the floor.

Draining a few cappuccinos together and going to an actual theater to see some movies before you start to Netflix and chill makes really good sense during a time when sexually transmitted infections are becoming resistant to drug treatments.

Defining an Acceptable Level of Risk

Each year 32,000 Americans die in car accidents. Thousands more are seriously injured. Yet most of us consider driving to be an acceptable risk. However, if 32,000 people started dying each year from a new sex disease, there would be an outcry against sex.

Perhaps we believe there is something inherently good about driving and something inherently bad about sex. Or maybe we get more satisfaction from driving. Whatever the case, you can greatly decrease your chances of being killed in a car accident by not drinking when you drive and by driving sensibly. The same is true for sex.

Besides using condoms and being picky about new sex partners, getting checked for STIs is an important way to stay sexually healthy.

Getting Tested for STIs—How, Where and When

Just because a partner looks hygienically perfect doesn't mean he or she is STI free. Unless you are in a true-blue never-fool-around relationship, it's smart to get tested for STIs every year, even if you have no symptoms.

Two websites that will give you the addresses and phone numbers of nearby testing locations are <https://gettested.cdc.gov> (the Center for Disease Control's site for STIs) and www.plannedparenthood.org/learn/stds-hiv-safer-sex/gettested. If you are a college student, be sure to call your student health service and ask where you can get tested.

The cost of STI testing can vary, so if finances are an issue, be sure to look for low or no cost testing centers. Along with needing to visually look you over, it's likely they'll have you do a urine test for chlamydia and gonorrhea. If you are pee shy, ask them if you can fill the cup at home, or get an STD test kit from Walmart. Follow the instructions and include a check for \$99. If the people at the post office inquire whether the package contains hazardous materials, it's nothing personal. They ask everyone that. If it's urine for an STI test, you don't need to answer yes.

If you're a woman, don't assume you are getting an STI test when you get an annual gynecological exam. You need to tell them you want an STI test.

The STIs That Condoms Can Help You Avoid and Why

Some STIs are spread when the genital secretions from someone who is infected make contact with the genitals of someone who isn't infected.

Since condoms capture genital secretions, they will help prevent the spread of HIV, gonorrhea, chlamydia, and trichomoniasis. Condoms aren't as effective in stopping herpes, syphilis and HPV, because those sexually transmitted infections can be spread by skin-to-skin contact and don't require genital secretions.

STIs and Your Mucosal Membranes

Mucosal surfaces are the moist passageways in and out of the body, such as the urethra (pee-hole), vagina, mouth and anus (butthole). We use our mucosal membranes when we eat, pee and poop, and have oral sex or intercourse.

If you can keep an infected partner's genital fluids from making contact with your mucosal membranes, you can do a lot to prevent catching some of the worst STIs. Condoms are your best bet for achieving this.

STIs That Are Spread from Skin To Skin Contact

Some sexually transmitted infections such as genital herpes and syphilis are known as genital ulcer diseases. They can use the skin for entry into the body, in addition to moist mucosal membranes.

You would think you could tell from looking at a person if they have something as gross-sounding as a “genital ulcer disease.” But the ulcers can be so small that it’s nearly impossible to see them, or you might need a bright light and a magnifying glass. Good luck getting a potential partner to take their clothes off and let you do an inspection like that, unless you can make it incredibly sexy and fun!

Condoms aren’t always effective in preventing the spread of genital ulcer diseases because there’s lots of skin where the ulcers can be hiding. You’d have to wear a wet-suit version of a condom to get really good protection.

While HPV or human papilloma virus isn’t a genital ulcer disease, it’s a tough one to prevent the spread of when you are having sex. Condoms can help, but miracle workers they aren’t.

Condoms Work Differently for Men and Women

If a male partner is already infected with an STI, the condom works by collecting and isolating the fluids that might drip, seep, or shoot out of his penis. That way, the infected fluids don't make contact with a partner's moist mucus membranes, assuming the condom is put on early enough.

If it's the woman who is infected, the condom will keep the STI-infected fluids in her vagina from getting inside the urethra or peehole of the penis.

Good News: Prescriptions for Partners

As of press time, healthcare providers in a majority of states were allowed to write prescriptions to treat partners of STI patients without having to examine the partners. With many STIs, treating your partner is as important as getting treatment yourself. Otherwise, you'll just end up with an STI ping-pong effect, where the untreated partner keeps reinfecting the partner who has been treated. Some states will only allow this option for heterosexual partners, due to higher prevalence of HIV and syphilis infections in male-male relationships.

STI Reduction Odds and Ends

Before presenting a blow-by-blow summary of each and almost every sex germ, here are some practical issues to consider about keeping yourself safe from sexually transmitted infections:

Monogamy Only Works for Some Don't try to fit yourself into a monogamous square if you belong in a round hole. If there is a chance you or your partner might have sex outside of your relationship, keep using condoms.

No Symptoms? The most common symptom of a sexually transmitted infection is no symptom at all. It is very common to have an STI and not be aware of it.

When Symptoms Go Away If you have STI symptoms and they suddenly go away, do not assume the disease has gone away.

25 and Under You won't believe how many people who are under twenty-five get sexually transmitted infections. If you are young and getting around sexually, be sure to get tested for STIs every year.

Pregnancy and STIs? Many women who are single and pregnant get new STIs while they are pregnant or during the first six months after giving birth. One reason is because they figure they don't have to worry about getting pregnant, so they stop using condoms. If you are pregnant, please remember about STIs and your baby.

Blow Jobs Using a condom while blowing a guy makes sense if you are not in a long-term relationship. Find a brand of flavored condoms that doesn't taste too hideous. Do not use the same condom for oral sex as for intercourse, because it's easy for your teeth to leave microscopic rips in the condom. (Microscopic rips are too small to be seen by the human eye, but big enough to be a superhighway for sperm.)

Muff Diving Using latex dental dams when going down on a woman is someone's idea of a really bad joke. Using Saran wrap isn't nearly as bad, although you are unlikely to find "Cunnilingus Directions" on the side of the box. And don't use cling wrap version, given that her vagina is not a casserole. The pluses of using Saran Wrap are you can see through it, your tongue doesn't drag across it, and it has no taste. Have the woman lather some of her own spit

on the side of the plastic wrap that you are laying over her vagina, then lay it in place. You will automatically lubricate your side of the wrap with your mouth.

Cold Sores If you have a cold sore on or in your mouth, you could give herpes to the person you are having oral sex with. So it's best to try finger fucking after you've washed your hands or give a hand job until the cold sore heals up, assuming intercourse is not an option.

Precum When it comes to sexually transmitted infections, precum is just as high-octane as semen. If a guy has an STI, his pre-cum will definitely transmit it.

Rimming or Booty Licking Rimming is when you use your tongue on a partner's anus. If you are in a long-term monogamous relationship, you share many of the same intestinal flora, fauna, and bugs, so there's probably not an increased risk associated with rimming that you haven't already incurred. But in casual relationships, you should be concerned about getting hepatitis, E. coli, salmonella, shigella, amoeba, giardia, and cryptosporidiosis.

If you enjoy rimming but aren't in a true-blue relationship, at the very least get a hepatitis vaccination. Straight or gay, you are being a fool if you don't get vaccinated for hepatitis when you enjoy rimming.

Using plastic wrap could be an effective preventative for rimming-associated germs, but tongues that like to rim usually prefer the feel of the real thing. Another strategy is to hop into the shower first and soap up and rinse, and then soap up and rinse again. A post-doc fellow at UCLA did a study on germs and hand-washing. She discovered that if you soap-up, rinse, and soap-up a second time there will be a substantial decrease in the amount of germs as opposed to soaping up and rinsing only once. The first soaping helps remove the dead layer of skin cells, but it takes the second soaping to get germs that are hiding underneath. This sounds like particularly good advice for when you're licking someone's butthole. However, it's far from fool proof, given there's a germ-shedding rectum behind the anus you are rimming.

Handjobs The chances of catching an STI from giving your partner a hand job are about the same as breaking your neck from falling out of bed, although you never know about HPV. What you want to avoid is taking a hand that has a partner's sex fluids on it and rubbing it on your genitals, unless neither of you has an STI. You also want to avoid getting a partner's sex fluids into an open cut

if you have one.

Intercourse (Penis into Vagina) It is highly unlikely that the hot fraternity guy you are about to have sex with is going to say, “I’m totally low-risk except for that little butt-fucking incident last month with the captain of the wrestling team.” Nor will the former high-school cheerleader you’re about to bang admit to having spiked heroin “during my rebellious phase last summer.” Great looks and a clean exterior mean nothing when it comes to a partner’s ability to give you a sexually transmitted infection.

Pulling Out While pulling a penis out and squirting off to the side may win you the *Birth Control from the Middle Ages Award*, it won’t keep you from getting an STI.

When to Bag It? Put a condom on a penis as soon as a guy gets wood. A hard penis starts dripping precum long before it gets to where it’s going, and precum can carry STIs.

Intercourse (Anal) The only time you should consider having anal sex without a condom is if you are in a long-term, true-blue relationship and you have no concerns about sexually transmitted infections. In that case, one of the main concerns about barebacking (anal sex without a condom) is even if you wash the penis, tiny bits of fecal matter might still have lodged in the peehole and can end up shooting into the vagina. Barebacking can also be a risk factor for bacterial vaginosis. It is possibly a risk for a male to get an infection in his urethra.

Adding Trust to the Thrust Sex educators are now adding the word “trust” to discussions about anal sex. That’s because people tend to relax their rear ends when they are with a partner they trust. If you are on the receiving end of anal sex and you are not relaxed enough, your anal sphincters can clamp a penis so tightly as to rip the condom. That’s why trust is important. (Why you would let someone you don’t trust stick their penis up your rear end is another story for another time.)

Urine Play If you are not in a monogamous relationship, don’t shoot urine into people’s body cavities. Using a partner as a urinal is something that should wait for marriage or a long-term relationship.

You Can’t Scrub Them Away Washing your crotch or douching will not keep

you from getting STIs, although you'll sparkle all the way to the VD clinic. Douching can also make it more likely for a woman to get bacterial vaginosis and candida.

Increase Your Chances of Getting HIV Being infected with other venereal diseases will greatly increase your chances of getting HIV if you are with a partner who has HIV.

Non-Essential Drugs A healthy immune system can fight certain STIs and keep them from being persistent. But non-essential drugs can tax an immune system. So try to eliminate all non-essential drugs from your body, whether prescribed or recreational. This includes recreational drugs such as meth and cocaine, and prescription drugs such as antibiotics and antifungals. If you don't need them, don't take them.

— Sexually Transmitted Infections —

Those That Condoms Help Prevent

Please visit the website of the [Centers for Disease Control and Prevention](https://www.cdc.gov) or your local healthcare provider for the most recent information about sexually transmitted infections.

Chlamydia

Chlamydia is caused by a bacteria. You can get chlamydia in your vagina, penis, anus or mouth. It is one of the most common sexually transmitted infections, with almost 3 million new cases in the United States each year.

Chlamydia is called a silent STD because most people who have it don't have any symptoms. If you suddenly start having symptoms, you'll probably assume you just got chlamydia. But you may have had it for some time and your current partner is not necessarily the one who gave it to you.

If most people don't have symptoms, why get treated? Because chlamydia that's left untreated can cause pelvic inflammatory disease, chronic pelvic pain, permanent damage to the uterus and fallopian tubes, ectopic pregnancy and infertility. It can also cause pain during intercourse which can become difficult to resolve. What's startling is how chlamydia can do so much harm without causing the kind of symptoms that would normally send someone to the doctor. This is why if you are sexually active, you should be tested for chlamydia at least once a year.

Chlamydia can be easily diagnosed and treated as long as you and your partner both get treatment. Otherwise, you risk reinfecting each other.

Men who are sexually active need to get tested for chlamydia, even if they have no symptoms. This is especially true if their partner has chlamydia. Otherwise, they'll keep giving it back to each other. The good news is, the test for chlamydia is a simple urine test.

What are the symptoms? If you have symptoms, the most common ones are an unusual discharge, burning and itching. Four out of five women who have chlamydia don't know they have it until they get serious complications such as Pelvic Inflammatory Disease. In more advanced cases, symptoms can include pain in the lower abdomen, nausea, fever and bleeding between periods. For men who do have symptoms, there can be a liquid discharge, painful peeing, or nongonococcal urethritis or NGU. (NGU is an infection or inflammation of the urethra that is caused by something other than gonorrhea, such as chlamydia.)

As long as you are sexually active, you should talk to your healthcare provider or gynecologist about having a yearly urine test for chlamydia.

Using condoms can help decrease your chances of getting and transmitting chlamydia. Here is the CDC Fact Sheet on Chlamydia:

www.cdc.gov/std/chlamydia/stdfact-chlamydia.htm

Gonorrhea

Gonorrhea is a common STI. It used to be called “the clap.” It is caused by a bacteria and grows easily in the warm moist parts of the reproductive tract. In men, that would be the urethra (pee-hole). In women, gonorrhea can grow in the urethra, cervix, uterus, and fallopian tubes. It can also grow in the mouth, throat, eyes, and anus of either sex. If not treated, gonorrhea can spread into the blood and joints.

Gonorrhea can cause pelvic inflammatory disease in women. This can lead to chronic pain, pus-filled abscesses in the pelvis and sterility. Gonorrhea can increase the risk of having an ectopic pregnancy, and it can increase your chances of getting HIV. Gonorrhea can cause sterility in men.

Men are more likely to have symptoms of gonorrhea than women. These include a burning sensation when they pee, or a white, yellow, or green discharge from the penis. Some men with gonorrhea will find that their testicles become painful or swollen. This is most likely due to epididymitis which is a painful swelling in the tubes leading from the testicles. If you get symptoms from gonorrhea, they will usually show up within one day to two weeks after being infected.

Women usually don't get symptoms from gonorrhea. If they do, they are generally mild and are sometimes mistaken for an infection of the vagina or bladder. Symptoms can include burning or pain when peeing, extra vaginal discharge, and bleeding between periods. Whether a woman has symptoms or not, gonorrhea that is not treated can lead to serious complications including pelvic inflammatory disease, tubal pregnancy and sterility.

Symptoms of rectal gonorrhea can range from no symptoms at all to a sore or itchy butt, discharge, bleeding, or pain when pooping. Infections in the throat usually don't cause symptoms, other than a possible sore throat.

Gonorrhea is becoming drug resistant. There is now only one class of antibiotics that can treat it. It is called Cephalosporin. However, Cephalosporin does not work against the new strain of antibiotic-resistant gonorrhea. This may herald an unfortunate return to the days of old when gonorrhea could land a person in the hospital. The prospects for a good outcome are by no means

guaranteed. Fortunately, gonorrhea is one of the STIs that condoms can help prevent, so please use them.

Here is the CDC Fact Sheet on Gonorrhea:

www.cdc.gov/std/gonorrhea/stdfact-gonorrhea.htm

Trichomoniasis: A Vaginal Infection

Trichomoniasis is caused by a parasite. It is the most common curable sexually transmitted infection. There are almost 4 million new cases each year in the United States. More women get trichomoniasis than men. Only 50% of women and 10% of men with trichomoniasis have symptoms. However, people who don't have symptoms can still give trichomoniasis to others.

Trichomoniasis moves from genitals to genitals during sexual activity. It can also be a sneaky opportunist, using an infected person's towel or bathing suit as a medium for entering a new person's crotch. So be careful what you borrow.

Women will tend to get trichomoniasis in their vulva, vagina or urethra. Men will most likely get it in the penis (urethra). When men get symptoms, they might include itching, penile discomfort, burning after urination or ejaculation, and occasional discharge from the penis. When women have symptoms, they often include irritation of the vulva and a discharge that is yellow-green and can have a strange smell. Trichomoniasis can also make sex feel unpleasant.

No one knows why some people have symptoms and others don't. Trichomoniasis can also impact the hands, mouth and anus, but not nearly as often as the genitals.

Trichomoniasis can increase your chances of getting HIV. It can also increase a woman's chances of having a low-birth weight or pre-term birth by approximately 60%.

There's no one sure test for trichomoniasis. Visual inspection is important. Then, if necessary, swabs can be taken, cultures grown, microscopic investigations done, as well as other tests depending on the symptoms.

Trichomoniasis can be eliminated by taking a single dose of metronidazole or tinidazole. As is the case with most STIs, it is easy to get reinfected if your partner isn't treated at the same time. Avoid having sex during treatment, and keep in mind that the reinfection rate is 17% in only three months. Without treatment, the infection can last for months or even years.

Using condoms can help prevent, but not eliminate, the spread of trich. Here is the CDC factsheet on Trichomoniasis:

www.cdc.gov/std/trichomonas/STDFact-Trichomoniasis.htm

HIV/AIDS

The human immunodeficiency virus (HIV) attacks the body's T-helper that allow you to fend off infections. AIDS is one of the diseases that you get after HIV shuts down your immune system.

If you get either HIV or AIDS, you will need to take HIV/AIDS drugs for the rest of your life. These drugs are so expensive that the director of the American Public Health Association informed a senate subcommittee that we may at some point need to ration the drugs for HIV/AIDS because the government cannot afford to pay for them. It is not unusual for someone with HIV or AIDS without insurance coverage to pay more than \$25,000 a year for HIV/AIDS drugs in North America.

Equally disconcerting are recent reports in the medical journal Lancet that drug-resistant cases of HIV/AIDS are starting to show up. This is not unexpected when more than 8 million people are taking HIV/AIDS drugs.

Is there a single partner on the planet who is sexually hot enough to risk getting such a terrible disease? What remains so mind-blowing is that HIV is usually preventable by using condoms, yet people keep pretending they'll never get it.

HIV is spread through the exchange of body fluids, including blood, semen, pre-cum, vaginal fluids, breast milk and anal mucus. A common way to get HIV is by having vaginal or anal sex with someone who is infected. Infected fluids can get into your bloodstream through microscopic rips or tears in the moist mucous membranes that line the vagina, vulva, penis and rectum. Almost everyone has tiny tears in their moist mucous membranes.

Another common way of getting HIV is through intravenous drug use. Babies can get HIV from their mothers, healthcare workers can get it through accidental needle sticks and cuts. Before better screening tests were available, people could get it by receiving a blood transfusion.

You cannot get HIV from hugging someone who is infected or by shaking an infected person's hand. You can't get it by using the same toilet seat, towel or by sharing the same cups and eating utensils. That's because HIV doesn't survive well when outside of the body.

It is possible but unlikely to get HIV through having oral sex or kissing. It is next to impossible to get HIV through giving a hand job unless you've got a cut on your hand. You can't get HIV from an infected person's saliva. However, if you are kissing them and they have a sore in their mouth that is shedding infected blood-related products and you have a sore that their saliva makes contact with, there is a slight chance that you can get HIV that way. Likewise, you can't get HIV from poop, snot, sweat, tears, urine, or vomit unless there's infected blood in those fluids and it somehow gets into your blood stream.

You can't get HIV from insect or mosquito bites. When an insect or mosquito bites a person, it doesn't inject its own blood or the blood of someone else it has bitten. Instead, it injects its saliva, which does not carry HIV. (No such luck with malaria and yellow fever.)

There are no known cases of getting HIV while playing sports. However, playing around after playing sports is a different story.

Having a sexually transmitted infection such as syphilis, gonorrhea, chlamydia or herpes can greatly increase your chances of getting HIV because they can cause irritation of the mucous membrane. They can also cause sores that HIV can use to get into your blood stream.

As for AIDS, there is still much that we do not know about it. AIDS is one of the most complex and deadly diseases of our time. You are strongly encouraged to do all you can to avoid getting HIV, which is an effective gateway to getting AIDS. The best way to avoid getting HIV is by using condoms unless you are in a relationship with a partner who is not infected and not at risk for becoming infected.

Here are the CDC Fact Sheets on HIV/AIDS:
www.cdc.gov/hiv/library/factsheets/index.html

The FDA recently approved a drug called Truvada (PrEP) for the prevention of HIV in people who are at high risk. When taken as prescribed, the protection that Truvada offers is around 90% and you still need to use condoms. Truvada currently costs \$1,300 a month, and there can be side effects.

There is controversy about Truvada (PrEP) because some people argue that it become an excuse for gay men to not use condoms. Others say that there are plenty of men who refuse to use condoms regardless of the risk, and the drug is a

godsend for them. Also, there are a number of AIDS experts who remain in disbelief that more men who are high risk and who don't use condoms aren't taking Truvada (PrEP).

So there is the good with the bad. If you feel this drug might be helpful for you or a partner, please speak to a healthcare provider about it.

Here is the CDC Fact Sheet on Truvada:

www.cdc.gov/hiv/pdf/prep_gl_patient_factsheet_truvada_english.pdf

— Sexually Transmitted Infections —

Those That Condoms Are Less Effective In Preventing

Human Papilloma Virus (HPV): The Strains That Cause Genital Warts

Human papilloma or HPV is one of the sexually transmitted infections that condoms might help prevent but not with any degree of certainty. HPV is a virus that lives in the flat cells on the surface of the skin and on the moist mucosal membranes in the body. These include the urethra (pee-hole), vagina, cervix, penis, anus and throat.

There are at least 120 types or strains of human papilloma virus. While many of the HPV strains cause no symptoms, others can cause warts, like the warts people get on their hands and feet, or on their genitals, anus and thighs. Some of the HPV strains can cause cancer. The cancer-causing strains of HPV are discussed in separate sections that follow.

Approximately forty of the HPV strains are passed through sexual contact. These can infect the genital areas, including the skin around the vulva, cervix, penis or anus. They can also infect the mouth and throat. Most sexually active people will get HPV at some point in their life. It's nearly impossible to avoid. It's also nearly impossible to know who you got HPV from because it usually doesn't have symptoms. Most people never know they have it. You might have only had sex once ten years ago and still not know you have HPV.

One of the fascinating things about HPV is that 90% of people who have it get rid of it on their own within one or two years. It doesn't matter if it is one of the strains that causes warts or cancer. Most people's immune system clears it.

Genital Warts: About 1% of men and women have genital warts at any given time. Most genital warts are caused by HPV types 6 and 11. Genital warts are usually harmless but potentially gross looking. They are small growths that can sprout up on your genitals or anus.

Genital warts seldom hurt, except maybe your pride. Genital warts can be single or in groups. Some are flat, some are raised, some big, some small. Genital warts pose no health risk to you or your partner unless you have HIV. They won't turn into cervical cancer.

It is possible to get genital warts from someone who has no warts and no symptoms. HPV is like that. It can take weeks or months for genital warts to show up after you had sex with an infected partner. Women can get genital warts

on their vulva, vagina, cervix, anus or thighs. Men can get them on the penis, scrotum, anus or thighs.

Be sure to have a healthcare provider diagnose whether you have genital warts and discuss the treatment options. Unfortunately, treating the warts won't necessarily make them less contagious.

Treatments to remove genital warts include surgery, medicines and freezing the warts off. One of the treatments is made from an extract of green tea. It is the first botanical to be approved as a prescription drug in the US. None of the treatments for genital warts work better than the others, although one type of treatment might be better suited to your particular situation. Another treatment strategy is to not have the warts treated and see if they go away on their own. Sometimes they do, sometimes they don't.

If you want your warts removed, you can have a healthcare provider do it or you can use a home treatment. Current over-the-counter products for genital wart removal include podofilox and salicylic acid. There may also be homeopathic remedies. A pharmacist should be able to help you find whatever over-the-counter products are available if that's what you decide.

Whether you or your healthcare provider remove the genital warts, the chances are good they will return and you will need to do more treatments.

If you currently have genital warts, you should tell a partner about them and avoid having sex until the warts are gone or removed. However, it's not yet known how long a person can pass on genital warts after the warts are gone. So once the warts have come and gone away, no one knows if you should tell a future partner that you formerly had them. Talk to your healthcare provider about this.

Note: Some healthcare providers will apply a 3% to 5% solution of acetic acid to the skin of your genitals to see if you are HPV-infected. This is not a specific test for HPV and is not recommended.

Here is the CDC's Fact Sheet on Genital Warts:

www.cdc.gov/std/HPV/STDFact-HPV.htm

Human Papilloma Virus (HPV): Strains That Cause Cancer

Cervical Cancer: While the vast majority of HPV strains do not cause cancer, there are a couple of stinker strains that do. Cervical cancer is caused by HPV—mostly strain 16 and 18. What’s fascinating is that a lot of women will be infected with these strains of HPV, but their immune systems will clear the infections in an overwhelming majority of women. So there are other factors or cofactors that cause the infection to remain or be persistent in a small minority of women. And even then, less than 20% of women under the age of 55 who have a persistent infection with a carcinogenic strain of HPV will go on to develop cervical cancer.

So an important question is “What causes an infection to go from persistent to cancerous?” Smoking is a significant factor, but women who have never smoked can also get cervical cancer. So there must be something that causes the cancer switch to be thrown: perhaps there’s a genetic tendency toward one type of cancer or another, perhaps it’s environmental or anything else that impacts a woman’s immune system. There is still much that we don’t know about cervical cancer.

Fortunately, women can protect themselves from getting cervical cancer by having routine pap smears and getting treatment if necessary. That’s because it can take a long time for cervical cancer to develop and the cells on the cervix usually show warning signs. This is why it’s so important to get pap smears. If a pap smear is unclear or irregular, a woman needs to follow up as recommended. If abnormal or precancerous cells are found, those areas can be cleared with cryotherapy or freezing. This will prevent the cancer from forming.

Anal Cancer, Vulvar Cancer, Vaginal Cancer, Penile Cancer These are rare cancers that are also caused by certain strains of HPV, particularly #16 and #18. One of the problems with these cancers is there are no methods to detect them early. Once they get bad enough to send the person to the doctor, they are often far along and can be difficult to treat.

Certain Oral Cancers: Cancer of the Tonsils and Cancer of the Back of the Tongue: Please see the section titled “Oral Sex and HPV-Positive Oral Cancer?”

HPV Vaccines: There have been three HPV vaccines: Gardasil, Cervarix and

Gardasil9 (Gardasil9 has recently replaced the original Gardasil when it was discovered that the original Gardasil was not as effective as Cervarix. However, giving a booster shot of Gardasil9 to women who took the original Gardasil is not recommended, as it does not confer additional protection and could subject the woman to possible side effects.) One of the original vaccines was designed to protect against the two strains of HPV that cause cervical cancer, HPV # 16 and HPV #18. The other vaccine was designed to protect against the HPV strains that cause genital warts in addition to cancer. Unfortunately, we don't yet know if the vaccines will fulfill their promise of eliminating cervical cancer in women who took it, or just delay the onset. Women will still need to get Pap smears whether they took the HPV vaccine or not because the HPV vaccine does not eliminate all strains of HPV that cause cancer. Also, whether a woman is vaccinated or not, most cervical cancers can be prevented with routine gynecological care. If you are interested in taking the HPV vaccines, speak with your healthcare provider, but understand that his or her knowledge of HPV vaccines might go no farther than what the rep from the drug companies has said. For a more comprehensive view, [HPV vaccines – A review of the first decade](#) by Diane Harper and Leslie DeMars (2017) is more complete, although it doesn't go into the matter of side effects.

Oral Sex and HPV-Positive Oral Cancer?

Years ago, researchers discovered that strains 16 and 18 of the human papillomavirus caused the majority of cervical cancers. They also found that women who had a greater number of sexual partners had a higher risk for getting cervical cancer. So when researchers recently discovered that cancer of the tonsils and cancer of the back of the tongue could be caused by HPV as well as by smoking and drinking, they started asking questions about sexual behavior. As it turned out, some of the studies showed that people who had the oral cancers that were associated with HPV had a higher number of oral sex partners than people who didn't get these cancers. So it seemed reasonable to claim that oral sex was the cause of HPV-positive oral cancers. Researchers also noticed that the HPV-positive oral cancers, although uncommon, were on the rise. This matched with the idea that oral sex must be the cause, because oral sex has become increasingly popular during the last fifty years.

A headline-grabbing oral-sex panic was in the making. Captions such as the following from CBS News were becoming common: "Oral sex now main cause of oral cancer" followed by "What's the leading cause of oral cancer? Smoking? Heavy drinking? Actually, it's oral sex." It wouldn't be long before an exuberant HPV-oral cancer researcher would be releasing advisories to the media that parents should warn their children about the dangers of oral sex, and a geezer actor was making headlines claiming he got oral cancer from giving oral sex, forgetting to mention his years of smoking and drinking which are known to cause oral cancer.

What the media forgot to mention is the average age of people who are diagnosed with HPV-related oral cancer is sixty-one years. This means it will be thirty-five to forty-five years before today's teenagers start getting oral cancer—if they get oral cancer, which very few will. The chances of a teenager being killed in a car wreck during the next thirty years are almost a million times greater than the chances he or she will die from oral cancer during that time.

The media also forgot to report that billions of people have had oral sex with multiple partners, yet only a tiny percent have gone on to have an HPV-positive oral cancer. Clearly, something else is involved besides just oral sex. Otherwise, oral cancer would be the most common cancer on the planet instead of being one

of the most uncommon.

Contrary to the reader-grabbing headlines, we don't yet understand what leads to persistent HPV infection in the throat and mouth, and we don't understand why a very small group of people who do get persistent oral HPV infections will go on to develop oral cancers. We also don't know why men get HPV-related oral cancers at a much higher rate than women. Fortunately, oral cancer is an uncommon cancer, being number 14 on the list of cancers that women get and number 8 on the list of cancers that men get. And a significant percent of these cancers are caused by tobacco and alcohol rather than HPV. This will continue to be the case as long as people smoke, drink, and chew tobacco. Oral cancers can be devastating regardless of the cause, but to warn children about "the dangers of oral sex" is bat-shit crazy.

As for the role of oral sex, one study concludes: "...oral sexual contact in the form of both oral-oral and oral-genital contact could play a role in the transmission of oral HPV." That means that French Kissing could be involved instead of oral sex, and it's the most we currently know. It will probably be years before we know the rest of the story. *If you have any concerns about HPV, oral cancer, or any other infection, please consult with a physician.*

Genital Herpes

Herpes is a virus, not a bacteria. There is no cure for it, although antiviral drugs can help with the symptoms. Condom use can reduce the risk of transmitting herpes by half, and antibiotics are totally ineffective against herpes.

Genital herpes is transmitted through sexual contact including intercourse, oral-genital contact, and rubbing naked genitals together. Seventy percent (70%) of new herpes cases are transmitted by someone who shows no obvious symptoms. Most genital herpes symptoms are mild. They are easy to miss.

Many people who get herpes fly into a panic when they are first told, thinking it's the end of their sex lives. Before we get into the nuts and bolts of herpes, please take the following to heart...

Herpes in Perspective — It's Not Leprosy!

Many people know that cold sores or fever blisters in the mouth are a form of herpes, but they assume that genital herpes is so much worse. Yet these two forms of herpes are very similar—and the symptoms each causes are also similar. So why do we need special dating sites for people who have herpes in the crotch, but not for people who have herpes in the mouth? Why the added stigma for genital herpes?

On the website of the American Social Health Association, it says that most of the 50 million Americans who have genital herpes do not even know they have it. According to the CDC, most individuals with genital herpes have very mild signs that they don't even notice. Yet people behave as if genital herpes is a terrible disease. Perhaps that's because it shows up below the belt as opposed to above.

This is not to minimize the impact of genital herpes. The symptoms can be severe for some people. So if you know you have it, you need to inform a potential partner before you have sex. And if you don't have herpes, try to protect yourself from getting it. The same should be true for cold sores and fever blisters; aka, oral herpes.

Oral herpes resides in a part of the body that is much closer to the brain than genital herpes. Some researchers are starting to worry about a possible connection between oral herpes and Alzheimer's. But no one gets upset about oral herpes like we do genital herpes.

So please, if you find out you have genital herpes, learn all you can about it, stay healthy, and try to keep it in perspective. It's not the end of the world.

Oral Herpes Vs. Genital Herpes

Herpes Simplex Virus 1: Oral Herpes The most common form of herpes is Herpes Simplex Virus 1 (HSV1). This causes cold sores on the lips, nose, chin and other parts of your face. People usually get HSV1 during childhood and most symptoms go unnoticed because they are minor. 56% of people in the US who are over the age of 14 display evidence of a previous HSV1 infection when their blood is tested.

Herpes Simplex Virus 2: Genital Herpes (HSV2) This is associated with genital herpes infections. About 16% of people in the US over the age of 14 show evidence of HSV2 infection when their blood is tested. Of those infected with HSV2, only about 10% know they have it.

More about Genital Herpes

Genital Herpes is classified into 3 categories:

Non-primary: This is a first-episode infection of HSV2 or genital herpes in someone who has previously been infected with oral herpes or HSV1 (cold sores, etc.). Symptoms are less severe and may go unnoticed. As many as 80% to 90% of first-time genital outbreaks go unrecognized.

Primary: This is an outbreak of genital herpes in someone who has never had HSV1 or HSV2. Primary symptoms are sometimes severe and can range from headaches, aching joints, tiredness, fever, pain in the legs, and flu-like symptoms. The lymph nodes in the groin can become enlarged and tender. Lesions and sores may appear in the throat or mouth. Genital symptoms may also include sores, painful urination as well as itching and discharge from the penis or vagina. The sores begin as blisters, then break open to form ulcers in the skin. Women may not notice sores on their labia. They will normally have lesions on their cervix as well. Men may have lesions inside their urethra. Frequently, a new crop of lesions will appear 5 to 7 days after the 1st batch.

Recurrent Infection or Flare Ups: Flare ups occur at the same site or near it in people who have had previous HSV infections. For genital herpes, this includes having outbreaks anywhere in the “boxer shorts” area. That’s because herpes hibernates in the nerves, and a single group of nerves supplies the genitals, thighs, lower abdomen, rectum and buttocks. Herpes can move along that group of nerves and cause an outbreak anywhere on the skin where those nerves go. So while some people will have outbreaks in the same location, others might have a new outbreak on their thigh or rear end or lower abdomen. This also means you don’t need to have had anal sex for an outbreak to occur around your anus. During the first year, it is not uncommon to have four or five recurrences. The average recurrence lasts 2 to 10 days. However, the recurrences can be so mild that people are hardly aware of them.

Luck of the Draw: While most people with herpes have symptoms that range from extremely mild to moderate, some people with herpes have symptoms that are severe. Talk to your healthcare provider about medications that can help reduce the severity of future flare ups.

Timing of Herpes Infection vs. Timing of Outbreak

A person could have herpes for thirty years, not know it and then have their first recognized occurrence. When they finally do have an outbreak that they can recognize, it can cause unwarranted suspicions of infidelity. Ouch!

Oral Herpes in the Genitals

Oral herpes (HSV1) now causes about one-third of the first-time genital herpes outbreaks. The way this happens is when someone with a cold sore or other kind of oral herpes gives a partner oral sex. So the partner can get a case of oral herpes in the neighborhood where genital herpes usually lives.

At the start, the partner is unlikely to notice much of a difference in how the oral herpes behaves. It will seem just like genital herpes. However, because it's not genital herpes, it won't have the same affinity for the nerves in the genitals as genital herpes would. As a result, the person whose genitals get infected with oral herpes is much less likely to have recurrences.

Other Herpes Information

Here are some things to be familiar with if you have herpes:

Prodrome: Prodrome is a set of symptoms that occurs before an actual outbreak is present. Itching, tingling, a crawling under the skin feeling, pain down the leg or in the butt are some of the symptoms. About half of the people with genital herpes experience prodrome.

Triggers: Things that can trigger a herpes outbreak include menstruation, sunlight, pregnancy, birth control pills, diet, friction (prolonged intercourse, oral sex or masturbations), stress, illness, and heat.

Tests for Diagnosis: Visual inspection and viral cultures can be done to diagnose herpes if there are sores. The problem with viral cultures is that they give false negative results up to 76% of the time. This means that up to 76% of the time, when a viral culture comes back negative the person really does have herpes. All negative cultures should be followed up by a more accurate blood test 3 to 4 months after possible exposure. Blood tests can also be done when you are between outbreaks, although according to the CDC, the results are not always clear-cut.

Treatment: The following medications are available to help alleviate the symptoms of herpes: Acyclovir, Valtrex, Famvir and CS 21 Barrier Genital Gel. 80% to 90% of people who take the drugs have greatly reduced frequency of outbreaks or do not have outbreaks while taking the drug. If a woman should become pregnant while taking an antiviral medication, she should discontinue its use and inform her healthcare provider.

Transmission: The greatest concern sexually has to do with transmitting the virus to another person. Intercourse should be avoided completely during outbreaks for maximum safety when one partner is infected and the other is not. Even though someone who has herpes has never had severe symptoms, a person they give it to could have severe symptoms.

Pregnancy: According to the CDC, the infection of a baby with herpes from a pregnant mom is very rare. However, if a woman has active genital herpes at the time of delivery, a C-section will often be performed as a precaution. Pregnant women who are considering having sex with a new partner should be

aware that contracting herpes late in the pregnancy can substantially increase the chance of transmitting herpes to the baby. The baby's chances of dying or being developmentally disabled from neonatal herpes are much greater when the mom is first infected with herpes when she is in the third trimester of pregnancy. If the mom was infected with herpes before she got pregnant or before the third trimester of pregnancy, the chances are good her immune system will help protect the infant."

Herpes and HIV: Like most sexually transmitted infections, herpes can increase your chances of getting HIV and it can make people who have HIV more infectious.

Disclosure to a New Partner

It is essential to disclose your herpes status to a new sexual partner prior to having sex. Give them the chance to make an informed decision about the future of their own health. Let them know that even if you don't have active symptoms, you can still give them herpes. If you don't tell your partner until after sex, they have good reason to question your integrity and your ability to be trusted. If you are having casual sex, keep in mind that people who have herpes seldom inform casual-sex partners about it.

Herpes Resources

By far, the best online resource for herpes is the Westover Heights Clinic: www.westoverheights.com/herpes/the-updated-herpes-handbook/. You can download the Updated Herpes Handbook for free. It is updated frequently by its authors, Terri and Ricks Warren. You can also phone the National Herpes Hotline at (919) 361-8488 or the National STD Hotline at (800)227-8922. Here is the Fact Sheet from the CDC for Herpes: www.cdc.gov/std/Herpes/STDFact-Herpes.htm

Hepatitis A, B, or C

Hepatitis refers to a chronic inflammation of the liver. While you can have hepatitis without ever knowing it, hepatitis can also lead to liver failure and to cancer of the liver. So hepatitis has many forms, from a silent infection that your body clears without needing treatment to a disease that can easily kill you.

Hepatitis is usually caused by one of six viruses that are not related to each other. Hepatitis can also be caused by heavy alcohol use as well as medications, toxic chemicals, and certain illnesses.

The word “hepatitis” simply refers to a liver that is damaged, as opposed to what is causing the damage. This is different from STIs like herpes, HPV, and HIV, which are named after the microorganism that causes them. Also keep in mind that while alcohol abuse can cause hepatitis on its own, a hepatitis virus can damage your liver without you ever having had a drink.

The reason why hepatitis can be so devastating is because we rely on the liver to filter out toxins in the body and to produce bile to help break down fat. There is no living without a liver.

The six viruses that cause hepatitis are often lumped together in discussions like this one because they all impact the liver. But they are by no means the same. This is why reading about hepatitis can be confusing. Just trying to understand the different ways the viruses are spread can cause your liver to ache. One of the hepatitis viruses is spread by fecal contamination and by oral-anal contact. One is spread by regular sex and kissing or sharing a toothbrush. Another is only spread by contact with infected blood. Three of the viruses are common in North America (hepatitis A, B, and C) while the others are more common in other parts of the world. There are vaccines that help prevent two of the viruses, but not for the other four.

Hepatitis A is primarily spread through fecal contamination, so beware rimming or having anal-oral contact with strangers or casual sex partners. You can also get hepatitis A by eating food and drinking water that is contaminated with microscopic pieces of poop.

Hepatitis B is found in infected blood, semen, saliva and vaginal secretions. So it is spread through sexual contact including kissing, and it can be spread by

contact with the blood of an infected person. This would include intravenous drug use, sharing needles, sharing razors for shaving and even through sharing a toothbrush.

Hepatitis C is the most common blood borne infection there is. It is primarily transmitted through injection of blood (blood transfusions, drug use and accidental needle sticks in healthcare settings). It is possible that hepatitis C can be spread through sex and through sharing razors or a toothbrush, but these are not very efficient ways of transmitting hepatitis C.

A lot of people who have hepatitis don't experience symptoms, but others do. These are the same kinds of symptoms that people have when their liver is failing or not functioning correctly. They can include abdominal pain, dark urine and clay-colored poop, jaundice or yellowing of the skin and whites of the eyes, fever, fatigue, loss of appetite, nausea, vomiting and joint pain.

Symptoms can last from weeks to months or longer. Some kinds of hepatitis infections will clear up on their own, others won't. People who have no symptoms can still be carriers of one of the viruses.

Getting vaccinated for hepatitis A and B viruses is a really good thing to do even if you are a total virgin. It can be even more important if your sexual boundaries are a bit porous or you enjoy barebacking and rimming. Condom use might help decrease the spread of hepatitis B, but condoms are of only limited help in preventing other hepatitis viruses.

Here is the CDC's less-than-easy-to-negotiate webpage on Hepatitis:
www.cdc.gov/hepatitis/index.htm.

Here's the CDC's pages on Hepatitis A vaccines:
www.vaccines.gov/diseases/hepatitis_a/index.html

Syphilis

Syphilis is caused by a bacteria. It is transmitted when you make contact with a syphilis sore on a partner's genitals, anus, rectum, mouth or lips. Many people with syphilis don't have symptoms but are at risk for serious harm if the syphilis is left untreated. Syphilis can also increase your chances of getting HIV by two to five times.

Syphilis is one of the most famous sexually transmitted diseases in history. At one time, when there was no treatment for syphilis, half of the hospital beds in the world were filled with patients who had syphilis. (See the history of syphilis at the end of this chapter.)

Syphilis infections occur in stages. The first stage is a painless open sore or sores on the genitals, rectum or mouth. These are called chancres. They disappear in a few weeks. The second stage starts as the chancres are disappearing or have disappeared. During this stage, people often develop a rash, especially on the hands and feet. However, the symptoms can mimic those of so many other diseases that syphilis is sometimes called the great imitator.

If left untreated, syphilis goes into a hidden or latent stage for 3 to 40 years. Then, people can get *late stage* or *tertiary syphilis*. This can result in severe damage to the heart, brain, nerves, bones, eyes, organs and muscles.

Syphilis is easy to detect by blood test and sometimes with direct observation. Syphilis is also easy to treat during its early stages with penicillin. Condoms are not very effective in stopping the spread of syphilis.

While not many people get syphilis today, this disease can be so devastating in its late stages that it is important to get tested for it every year if you are sexually active and not in a monogamous relationship. Pregnant women should always get tested for syphilis, because it can be passed on to the baby with devastating results.

Here is the CDC's Fact Sheet on Syphilis:

www.cdc.gov/std/syphilis/STDFact-Syphilis.htm

Bacterial Vaginosis (BV)

Bacterial vaginosis is a puzzling condition. While it is the most prevalent vaginal infection in women of reproductive age, the latest research is indicating that it may be overly diagnosed.

Researchers are not yet certain whether BV is a sexually transmitted infection, although the evidence tends to stack up in that direction. Symptoms for BV can range from little or no symptoms at all to a creamy discharge, a fishy smell after intercourse, itching and painful peeing.

When a woman has bacterial vaginosis, the pH of her vagina is usually higher or more alkaline than normal, although some women's vaginas are more alkaline than others and this should not be automatically associated with bacterial vaginosis. With bacterial vaginosis there may be several more types of bacteria in the vagina than is normal, however, it is normal for many women to have more types of bacteria than was originally thought.

BV increases a woman's chances of getting pelvic inflammatory disease. It can also endanger pregnancies, cause premature birth, premature rupture of membranes and inflammation of fetal membranes, pelvic inflammatory disease, and it can increase your chances of getting HIV and other STIs.

While antibiotics are the treatment of choice, they are not effective in 15% to 20% of women. Recurrence rates are as high as 75% in only a year's time.

Risk factors for getting BV include recently douching, having a new sex partner, sex with multiple partners (either male or female), having sex with another woman, sharing insertive sex toys, recently using sex lube, and not using condoms. It is important to carefully clean sex toys and not share them. Anything that's been in a woman's anus should stay far away from her vagina. It is recommended women abstain from vaginal sex during treatment for bacterial vaginosis. Using condoms during the first month after treatment will possibly help.

Currently, treatment of the male partner has not improved BV-related outcomes in women. Douching is not recommended in any way, shape or form, and various "yogurt cures" and probiotics have not proven effective. Most preparations that are intended to help acidify the vagina have not been shown to

be helpful in clinical trials for the treatment of bacterial vaginosis.

There is a great deal of research being done on BV. These recommendations might have changed by the time you are reading this, so be sure to check with your healthcare provider. The hope is that with time and research, we will understand how to manage the vaginal environment in ways that promote health rather than often having to use antibiotics.

If you are interested in learning more about the normal bacterial cultures in the vagina, see [Chapter 12. Population: In the Trillions](#).

Yeast Infections or Candida Albicans (Thrush)

Candida is a fungus that normally occurs in the body. Symptoms of candida can include itchy genitals and a heavy, whitish, clumpy discharge that can smell like yeast. The discharge almost always looks like cottage cheese.

Candida is not really a sexually transmitted infection because most healthy people have at least some of it. Also, people who have never had sex can get a candida or thrush infection. Something needs to disturb the body's natural balance for a candida or thrush infection to occur.

Up to 75% of women get candida or thrush in their genitals at least once in their life, although you can also get it in the mouth and on the skin. 40% to 50% of women have a reoccurrence of candida.

Most women have no identifiable precipitating factors that lead to candida. It would probably be easier to list the things that candida is not associated with than the things it is associated with. Recurrent candida has been associated with spermicide use, douching and using feminine hygiene products (especially panty liners). Candida can be caused by wearing anything that's tight enough to cause a camel toe, including tight jeans, leotards, swimwear and panty hose, but not the crotchless kind (thank goodness!). Candida has also been associated with vaginal intercourse and possibly receiving a healthy amount of oral sex, taking antibiotics, using birth control pills (especially those with higher amounts of estrogen), with being pregnant, having diabetes, and with yogurt consumption or a diet heavy in carbs.

Women are often misdiagnosed as having candidas when they actually have genital herpes, lichen planus, recurrent bacterial vaginosis, contact dermatitis, atrophic vaginitis or a urinary tract infection. Women who are self-treating for candidas are often treating themselves for the wrong thing.

As of press time, treating a partner was not recommended unless a woman is getting recurrent infections or a man has a form of candida called balanitis or a yeast infection of the foreskin.

**— Mites, Lice and Things That Crawl —
Condoms Are of No Help with These**

The Louse Family (aka Lice)

There are three different kinds of louses or lice that can take residence on the human body. One is the head louse that gets onto your head. The other is the body louse that gets on your body minus your head and pubic area. The third is the pubic or crab louse, which is the perv of the group because it lurks in the bush around your genitals. While all three louses can be spread by intimate contact, the pubic louse is the one that's consider to be sexually transmitted.

Each of the louses has adapted to the part of the body where it lives, so it's unusual for a louse to be living outside of its normal hood. You generally won't find a head louse living where body or pubic lice live. It's unusual for a body louse to be living above your shoulders or below your belt. And if there's a pubic lice on your eyebrows, eyelashes or beard, you may have gotten it while you were giving head because pubic lice normally prefer to be in your pubes.

The reason lice cause a person to itch is because they inject saliva into the skin before they suck the blood out. This is to keep the blood from clotting as they draw it up. It's probably your body's reaction to the lice's saliva rather than the actual blood sucking that can make you itch to the point of near insanity.

In the next three sections, you'll discover much about the three different kinds of lice. This will give you interesting things to talk about the next time you have dinner with your partner's family.

Pubic Lice (aka Crab Lice)

Pubic lice are called crab lice because they look like crabs when under a microscope. They are broader and flatter than their cousins, the head and body lice, which look more like tiny beetles.

You will know you have pubic lice when you find yourself needing to scratch so badly that you'll even do it in front of friends or co-workers. However, you can have crab lice for two to six weeks without experiencing any symptoms or itching. That's probably because your body's immune system hasn't yet learned to pitch an itchy fit when the crab lice injects its saliva into your skin. This means you can infect others without knowing you have crab lice. Fortunately, crab lice do not transmit disease, although you can get a bacterial infection from scratching yourself too much.

Lice related discomfort might be worse at night because lice are apparently nocturnal, or at least head lice are. The day-night cycle might be less of an issue for crab lice, given they live where the sun don't shine.

Crab lice are usually transmitted through acts of sexual congress. While it's possible to get crab lice from sharing clothes, towels or bed linens, the lice don't live for long when away from the warmth and blood of their human brethren. Plus, they can't hop like fleas do, so it generally takes an actual groin grinding for crabs to move from person to person.

People with shaved pubic hair are probably less likely to get pubic lice because there's less of what pubic lice need to hold onto. However, no studies have been done on this subject, so no one really knows. In other words, don't go shaving your pubic hair for the sole purpose of avoiding crab lice.

Each of the lice's six legs have claws for feet that are especially made to grab onto hair. This makes crab lice phenomenal at holding on to pubic hair. However, lice aren't nearly as epic when it comes to staying on a glossy surface like a toilet seat. This is why you can't get crab lice from toilet seats.

Dogs, cats, birds and livestock have their own unique families of lice that don't like the taste of human flesh. So you can't blame a case of crab lice on the family dog, even if you and the dog have an especially close relationship.

Crab lice organization is somewhat like that of a fraternal order. The female

lice will lay 30 eggs or nits during their lifetime, which lasts about a month. If the eggs hatch, a mini-me version of the adult crab lice will emerge which is called the 1st nymph. After the 1st nymph sucks enough blood, it molts and becomes a bigger version of itself, which is called the 2nd nymph. The 2nd nymph will suck more blood until it molts and becomes the 3rd nymph, which will suck more blood until it molts and becomes a full-fledged adult or grand master louse, which will suck even more blood until it grows old and dies. As soon as the former female nymphs become mature enough, they will have sex and start laying eggs in your pubes.

Treatment for crab lice is available over-the-counter. Follow the instructions carefully and be sure that you and anyone who you've had sex with during the past month is treated. You might be instructed to use a special nit comb or a tight flea comb to get the nits or eggs out. Wash any clothes, towels and bed linens that you've used in the last two or three days in hot water and put them in a hot dryer. If you have clothes or bedding that you've made contact with that can't be washed, you can save on dry cleaning costs by putting them in plastic bags for two weeks. The nits will hatch within 10 days, but they can't live after hatching for more than two or three days without having a human groin to grab on to.

The louse literature from the CDC says it's only "occasionally" that someone will get crab lice from clothing or linens, given how lice die in one or two days after falling off a person. Also keep in mind that a lice infection is not the end of the world. There's no need to fly into an obsessive-compulsive panic and wash everything in the house. Lice are not a sign of having a dirty house. Lice don't care if you are dirty or clean. They are much more interested that you have sex with different people so their species can keep marching on.

Be extra careful about the treatment if you have lice or nits on your eyebrows or eye lashes. The usual treatment is toxic to the eyes. You might be able to get the nits and lice with your fingernails or a nit comb. If not, you'll need to use ophthalmic-grade petrolatum ointment to the eyelids to suffocate the crabs with.

There is a fairly high association of other STIs with crab lice. So if you were with a partner who gave you the crabs, it's wise to get checked for other sexually transmitted infections.

Here is the CDC's webpage on Crab Lice:

www.cdc.gov/parasites/lice/pubic/index.html

Head Lice

Head lice are about the size of a sesame seed. They can live on your head, eyebrows and eyelashes. The females cement their eggs to the shaft of the hair follicles. It's easy to confuse head lice with dandruff or flaky scalp.

Head lice will generally make your scalp itch. They tend to be night owls, so you are more likely to feel a tickling sensation on your head at night. The only disease that head lice can spread is social annoyance, so if the school calls and says your kid has head lice, there's no reason to rush and pick him or her up. By the time a diagnosis has been made, the head lice have most likely been there for a few days or weeks.

The little pincers of head lice are designed to hold onto the shaft of actual hair, so it's unusual for them to be on hats or clothing. The way people usually get head lice is from making head-to-head contact. Not from borrowing someone's cap, hat or helmet. So you are more likely to get head lice from sleeping together than from wearing your partner's clothes.

The traditional treatment for head lice is an over-the-counter medication that has pyrethrin in it, but there are rumors that modern head lice have become wise to pyrethrin. So do a browser search on the latest research about head lice (as of press time, a prescription treatment with ivermectin in it called Sklice was looking promising, but you'll still need to do nit combing). Check out the reviews for products on Amazon as well as with your physician, although it's surprising how many physicians aren't up on the latest research about head lice and even more surprising how products that aren't very effective get hundreds of 5-star reviews on Amazon.

If you get a reinfestation, it's probably because you didn't get all of the lice out of the person's head to begin with. So don't get all crazy about washing and fumigating every square inch of the house. Head lice don't live for long once they exit your cabasa. One or two days with no blood and heat from a human head, and the louse is history.

Focus your washing and drying efforts on the clothing and bed linens that an infested person wore or used in the last two days prior to treatment. Using hot water and high heat in the dryer will do the job, or maybe just ten minutes in the

dryer. Again, check out the latest research about this.

There's no need to give the family dog or cat a bath. Lice that like human heads want nothing to do with dogs, cats and other pets. However, you do want to soak any of your family members' combs and brushes in hot soapy water for at least fifteen minutes (130 to 140 degrees) or soak them in Lysol for an hour.

If you think it will help, vacuum the carpets and furniture in the area where the infected person sat or lay. However, the CDC says the risk of getting infested by lice that are in your carpet or on your furniture is very small. That's because head lice don't hop. So they can't act like fleas and leap on you from the carpet or furniture. Your carpet and furniture will soon become a cemetery for any louse that falls on it.

Here is the CDC's page on Head Lice:

www.cdc.gov/parasites/lice/head/index.html

Body Lice

Body lice live and lay eggs on your clothing. They only move to your skin when they are hungry and want to feed. Treatment for body lice is simple. It revolves around removing the body lice from their immediate habitat, which is usually your clothes. So all that is generally needed is good personal hygiene, washing your clothes and wearing clean clothes on a regular basis.

Here is the CDC's page on Body Lice:

www.cdc.gov/parasites/lice/body/index.html

Scabies

Saying “scabies” is much easier than saying *Sarcoptes scabiei var. hominis*, which is the name of the parasitic mite that causes scabies. The scabies mite is a tiny arachnid that is barely visible to the human eye. The male and female scabies only mate once. That’s all it takes for the female to be fertile for the rest of her life. Thank goodness it’s not the same for human females.

Scabies-related nastiness begins when the female burrows under a person’s skin to lay her eggs. Every day, two or three of the newly hatched mites will crawl out from under the skin and make short burrows on the surface of the skin called moulting pouches. The skin will respond by breaking out into a pimple-like rash that’s made up of red pustules that can be very annoying and itchy. It’s also possible that the eggs and mite poop that are in the upper layer of the skin can cause itching.

You can have scabies for four to six weeks before you start having symptoms. But if you’ve had scabies before, the symptoms will often appear much sooner if you are reinfected. People who are infected but don’t yet have symptoms can pass on scabies to others.

Aside from the garden variety type of scabies, there are Crusted Norwegian Scabies which are highly contagious. This kind of scabies often targets people whose immune systems are compromised. These scabies form crusts which are highly infectious.

While scabies have an affinity for skin around the genitals, scabies can inhabit virtually anyplace on your body. They particularly look for skin folds, like on wrists, elbows, armpits, fingers, toes, nipples and knees.

Since scabies outbreaks can occur in preschools and nursing homes, transmission of scabies is by no means limited to sexual activity. However, rubbing a scabies-infested crotch against a partner’s uninfected crotch is a way to share the scabies love. Scabies can also spread via clothing, towels and bedding, but the risk is not very high unless the person has crusted scabies. Then, all bets are off.

Scabies is treated with a cream or lotion that’s called a scabicide. Unfortunately, you can only get scabicides by prescription. Follow the

instructions carefully. All sexual partners and other household members should be treated, especially anyone who has had prolonged skin-to-skin contact with a person who is infected. The itching should stop in two to four weeks. If it doesn't, reapply.

Never use a treatment for scabies on humans that is intended for animals. While animals do have scabies, they have a different kind than humans. Humans can not get scabies from animals.

Scabies cannot live away from human skin for more than two to three days. So when it comes to clothes and bedding, you can either wash them in really hot water and use a hot dryer, or simply wait at least 72 hours as long as there is no human contact with the infected items. In 72 hours, the scabies on clothes and bedding will have died. So fumigation and dry cleaning are not necessary.

Here is the CDC's page on Scabies: www.cdc.gov/parasites/scabies/

Other Sexually Transmitted Infections

When it comes to new diseases, we don't know what's out there. So rather than focusing on one type of disease, why not try to keep your entire body healthy? First and foremost, this means not doing recreational drugs such as crystal meth, poppers (nitrile inhalants) or shooting anything into your veins. The reason for avoiding recreational drugs is that there is a strong association between using recreational drugs and getting sick. People who party and do drugs tend not to use condoms, nor do they always exercise the best judgment.

Keeping your entire body healthy means staying fit, eating well and avoiding all non-essential drugs, including antibiotics if you don't need them. If you aren't monogamous, it means using condoms during oral and vaginal intercourse as well.

Anyone who has been in more than one sexual relationship during the past year should have a checkup for sexually transmitted infections. Talk to your healthcare provider about a throat culture if you have been performing oral sex and a rectal culture if you've been taking it up the rear. It's a good idea to get routine checkups even if you use condoms and don't have symptoms, or if you had symptoms but they went away.

Know yourself, enjoy yourself, and protect yourself.

Gnarly Sex Germs in History

Some people believe that AIDS is the most deadly sex disease that ever was. Sadly enough, the prize goes to syphilis. Even a couple of popes died from syphilis.

Before 1492, when Columbus came to America, there had been no recorded cases of syphilis in Europe. But syphilis did exist in the part of the New World where Columbus and his crew landed. Shortly after Columbus's return, a vicious strain of syphilis began to spread throughout Europe, quickly killing a sizable portion of the population. Smallpox got its name because the lesions it caused were small compared to those of syphilis, "The Great Pox." During its first fifty years in Europe, from about 1493 until 1550, syphilis was a savage killer.

In what may have been one of the first recorded instances of biological warfare, the Spanish army seems to have sent syphilitic prostitutes to infect the Italian army.

After 1550, syphilis went from being a quick killer to a slow killer, more like the syphilis we know today. Instead of finishing off its victims in short order, syphilis began to linger in the body for years after the initial infection, eventually targeting organs like the heart or brain. Syphilis remained a potent killer for four hundred more years (from 1550 to 1940).

In the 1920s, a medical doctor received the Nobel Prize for infecting syphilis patients with malaria. The high fever caused by the malaria helped burn out the stubborn syphilis infection. Unfortunately, there was no cure for the new cure. Some scientists speculate that more people died from the attempts to cure syphilis than from syphilis itself. Until the discovery of antibiotics, popular syphilis therapies included treatment with arsenic and mercury.

Syphilis is less of a problem today because it can now be treated in its early phases by antibiotics, which weren't discovered until the 1940s.

Lonely Shepherds, Scared Sheep

Folklore has it that syphilis was originally caused by lonely shepherds who prodded their sheep with something more personal than carved wooden staffs. The reason for the sheep/shepherd rumor is a simple matter of poetry. In 1530, a great physician, poet, and scholar named Fracastor wrote a poem about the disease of syphilis which hadn't been named syphilis yet. In the poem, a 16-year-old shepherd boy named Syphilis made the horrible mistake of building an altar on the wrong plot of land and praying to the wrong gods. This was the 1530s equivalent of wearing the wrong colors in a gang-controlled neighborhood. It angered the god Apollo, who struck the youth's genitals with a chancre-laden thunderbolt.

Fracastor's poem tells about the rapid spread of the "new" disease:

"I sing of that terrible disease, unknown to past centuries, which attacked all Europe in one day and spread itself over part of Africa and Asia..."

This sounds like AIDS!

In five hundred years, people will think of our modern efforts to fight disease in the same way we think of strange cures from the past. But before you are too harsh on ideas like infecting syphilitic patients with malaria to cook the infecting virus, keep in mind that our main defense today against sexually transmitted diseases is even more crude. We have the technology to send motorized vehicles to Mars, but the best we can do to protect ourselves from sexually transmitted infections is to put a plastic bag on a penis.

Resources:

National STD Hotline: (800) 227-8922

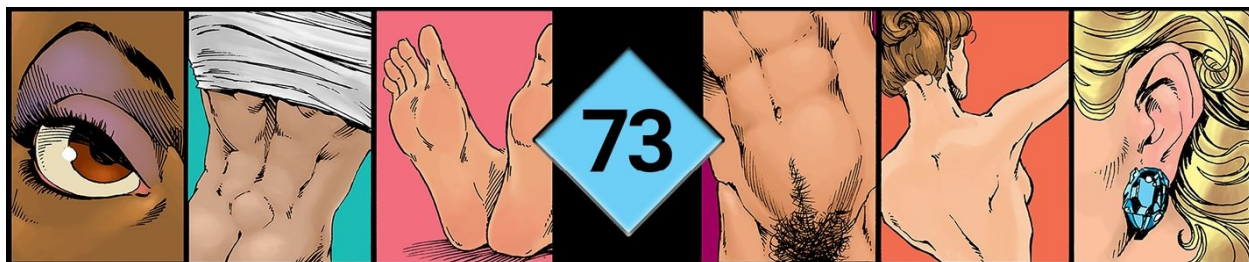
National Herpes Hotline: (919) 361-8488

National AIDS Line: (800) 342-AIDS

The website for the CDC (Center for Disease Control) at www.cdc.gov/std

A Very Special Thanks: to Angela Hoffman, birth control and sex education expert, for much help over the years; to Matthew Grober at Georgia State University and Adam Safron at Northwestern. Also to the people at the CDC for providing so much helpful information about sexually transmitted infections on their website at www.cdc.gov/std.

If you have any questions about STIs or anything else mentioned in this chapter, please consult with a healthcare provider and read all you can on the website of the CDC.



Birth Control — Sperm v. Egg



In the United States, 49% of pregnancies in women under the age of 34 are neither planned nor intended. The number rises to 75% for women over 40, and a whopping 80% of teen pregnancies are not wanted. Two-out-of-three unplanned teenage pregnancies happen to girls between the ages of 18 and 20—ages where you'd least expect teenage pregnancies to occur.



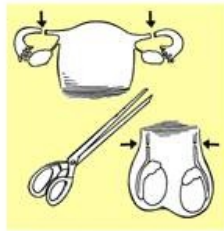
Most Effective Methods

Less than 1 pregnancy for every 100 women in 1 year.

—BEST—



IUDs



sterilization



implants



oral sex & handjobs

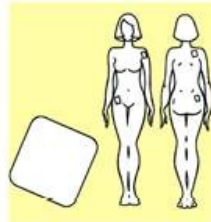
—VERY GOOD—



NuvaRing



The Pill



The Patch



LAM



injections

—OKAY—



diaphragm



male condoms



female condoms



fertility awareness

Much Better
Than Nothing



withdrawal

Highly
Questionable



spermicides



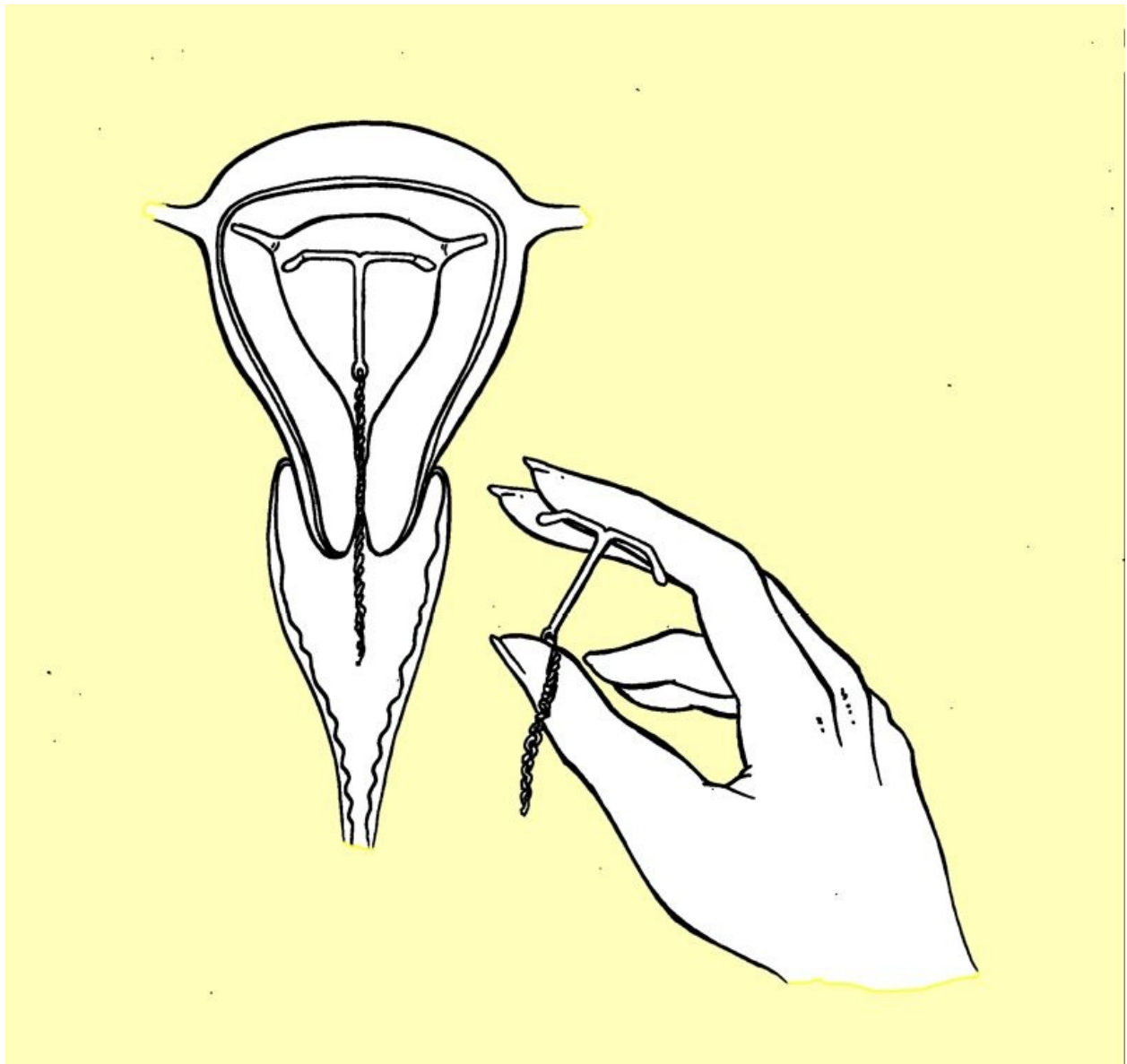
Least Effective Methods

More than 30 pregnancies for every 100 women in 1 year.



IUDs—A Great Choice for Teens, Young Women, and Women of All Childbearing Ages

IUDs are one of the most widely used contraceptives in the world. In North America, they have the highest user satisfaction ratings among all methods of reversible birth control, including the pill, patch, ring, shot and condom. IUD's are also the most effective method of reversible birth control. And when you consider that more than 50% of women who take the pill forget to take pills each month, the hassle-free IUD should be at the top of any woman's list for birth control.



It doesn't matter if you are teenager and have never been pregnant or if you enjoy having sex with more than one guy—an IUD should work very well for you. Like most birth control methods besides condoms, an IUD won't prevent you from getting a sexually transmitted infection, but it won't make you more likely to get one. Most sexually transmitted infections can be treated without having to take out your IUD.

Today's IUDs are incredibly safe. More than 20% of female OB/GYNs personally use IUDs as their method of birth control. Almost 20% of women in Asia use IUDs, and 15% of women in Europe.

IUD stands for “intrauterine device.” It is a small T-shaped device that is placed in the uterus to prevent pregnancy. There are five kinds of IUDs that are available in the US, four that have hormones (Mirena, Kyleena, Liletta and Skyla) and one that releases copper ions instead of hormones (ParaGard). Skyla and Liletta can stay in for 3 years before needing to be replaced, Kyleena and Mirena for 5 years, and Paragard for up to 10 years.

Hormone-releasing IUDs can be better for women who have crampy or heavy periods, as they help lighten bleeding or they can eliminate periods altogether. Skyla and Kyleena are bit smaller than the Mirena and release less hormone. They have been specifically approved by the FDA for women who have never been pregnant. They should be an excellent choice for a lot of sexually active teens and young women. The Paragard IUD is great for women who want a regular period and no hormones.

Both the copper IUD and hormonal IUDS protect against endometrial cancer. Some of IUDs can help prevent ectopic pregnancies, and some can help shrink uterine fibroids and reduce the symptoms of endometriosis. Speak to your gynecologist about the latest research regarding these issues, and which IUD would be best for you.

Women who are wearing IUDs can become pregnant within a week of having the IUD taken out. IUDs only impact fertility when they are in a woman's body. Studies are showing that a woman is more likely to conceive sooner after having an IUD removed than after she stops taking the pill.

How IUDs Work: the copper in the Paragard IUD keeps the sperm from maturing once they enter the cervix. The progestin in the hormone-releasing

IUDs acts the same as progestin does in progestin-only birth control pills, or the implant and Depo shot. IUDs do not work by causing a low grade infection in the uterus. That is one of the unfortunate myths that some people have about IUDs.

The ParaGard (copper IUD) could be a good birth control choice for female athletes. It is highly effective, hassle free, and doesn't put out hormones that might result in water retention or soreness. The Mirena IUD might be best for women who have Category 5 periods with heavy flow and lots of cramping. Some women find it eventually stops their periods. Other women who have tried the hormone-releasing IUDs and don't like them have found the copper IUD to work extremely well. Unfortunately, you won't know which will work best for you until you've tried one.

If an IUD is going to be expelled, the time when that is most likely to occur would be during the first menstrual cycle. The chances of this happening are low, and after your first period it is very unlikely that a uterus will send an IUD packing. Once it is in place, an IUD should not cause discomfort. A woman shouldn't know it's there. The only part of an IUD that can be felt is two very thin nylon strings that hang down from the IUD. If a man is able to feel the strings during intercourse, a healthcare provider can easily snip them to be shorter, which most couples will find preferable to snipping his penis to make it shorter.

Most women find there to be little or no pain when the IUD is inserted. Some find the pain to be moderate but manageable, and a small number of women find the pain to be terrible. If you are concerned, discuss this with your healthcare provider.

In our survey of gynecologists who insert a large number of IUDs, many felt ibuprophen an hour before insertion works well for pain management, others suggest tramadol, diazepam or misopristol as long as the woman has a ride home. All agreed that satisfaction with the IUD is high among their patients. They felt it was a great choice for younger women.

The one thing you need to be sure of is that your healthcare provider has substantial experience installing IUDs. With experience comes mastery, so ask how often the person puts in IUDs.

An unfortunate myth about IUDs is they are not safe. This comes from what happened in the early 1970s because of an IUD called the Dalkon Shield. The reason why the Dalkon Shield caused infections was because of the material used in the tailstring as opposed to the IUD itself. The material in the tail string allowed bacteria from the vagina to wick into the cervix. That kind of material is no longer used and the FDA now regulates IUDs, which it didn't in the 1970s. (Even though the manufacturer of the Dalkon Shield knew about the problem from almost the beginning, they hid the information from the public and ramped up their marketing efforts to get more women to use it.)

The initial cost of an IUD can be high, but is usually much cheaper over the lifetime of the IUD than any other form of birth control. Fortunately, an IUD is free if you fall under the umbrella of the Affordable Healthcare Act, assuming the conservative men in Congress haven't eliminated it or removed birth control coverage from it. If your insurance doesn't cover the cost of an IUD and money is a concern, be sure to shop around. The Litella IUD was developed to be low cost for public health clinics that are enrolled in the 340B Drug Pricing Program.

Here are the websites for the various IUDs:

[Paragard](#)

[Kyleena](#)

[Mirena](#)

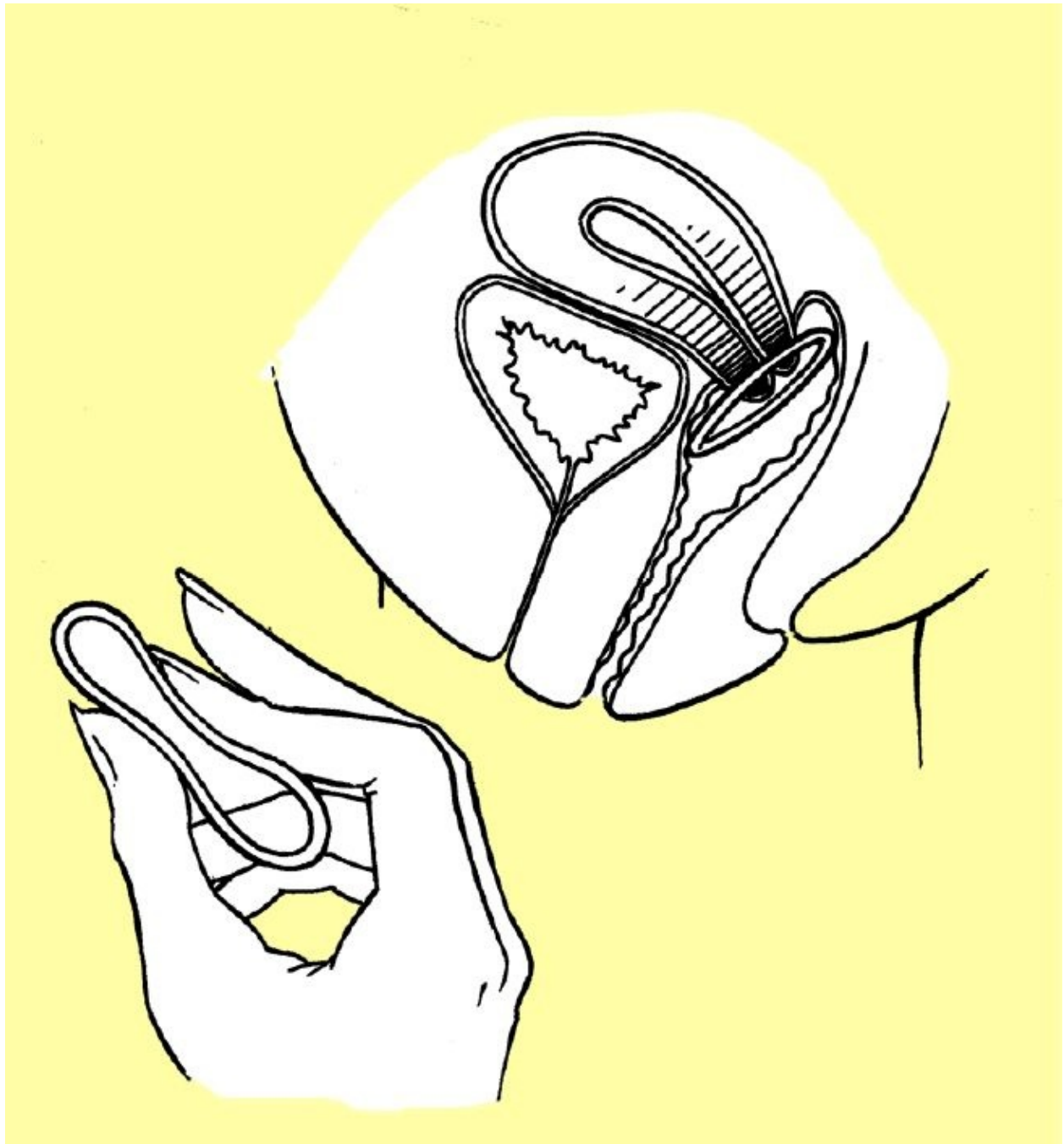
[Skyla](#)

[Litella](#)

Also, info about IUDs, from the [Henry Kaiser Family Foundation](#).

The NuvaRing

The NuvaRing is a 2” diameter plastic ring with hormones in it. A woman puts it in her vagina on day one of her menstrual cycle and takes it out on day 21. The NuvaRing eliminates the need to take a pill every day, or to get an injection or to wear a patch. Aside from using an IUD, a woman will be hard pressed to find a hormonal method of birth control that is more user-friendly than the NuvaRing. If she doesn’t like to stick her fingers into her vagina, she can get an applicator to insert the NuvaRing with.



Because the hormones absorb directly into the blood stream, the dosage of hormones a woman receives from the NuvaRing may be lower than what is in most birth-control pills. However, it still has the same side effects as birth control pills and other hormonal methods.

The NuvaRing is one of the few hormonal methods of birth control associated with greater vaginal lubrication rather than less, although some

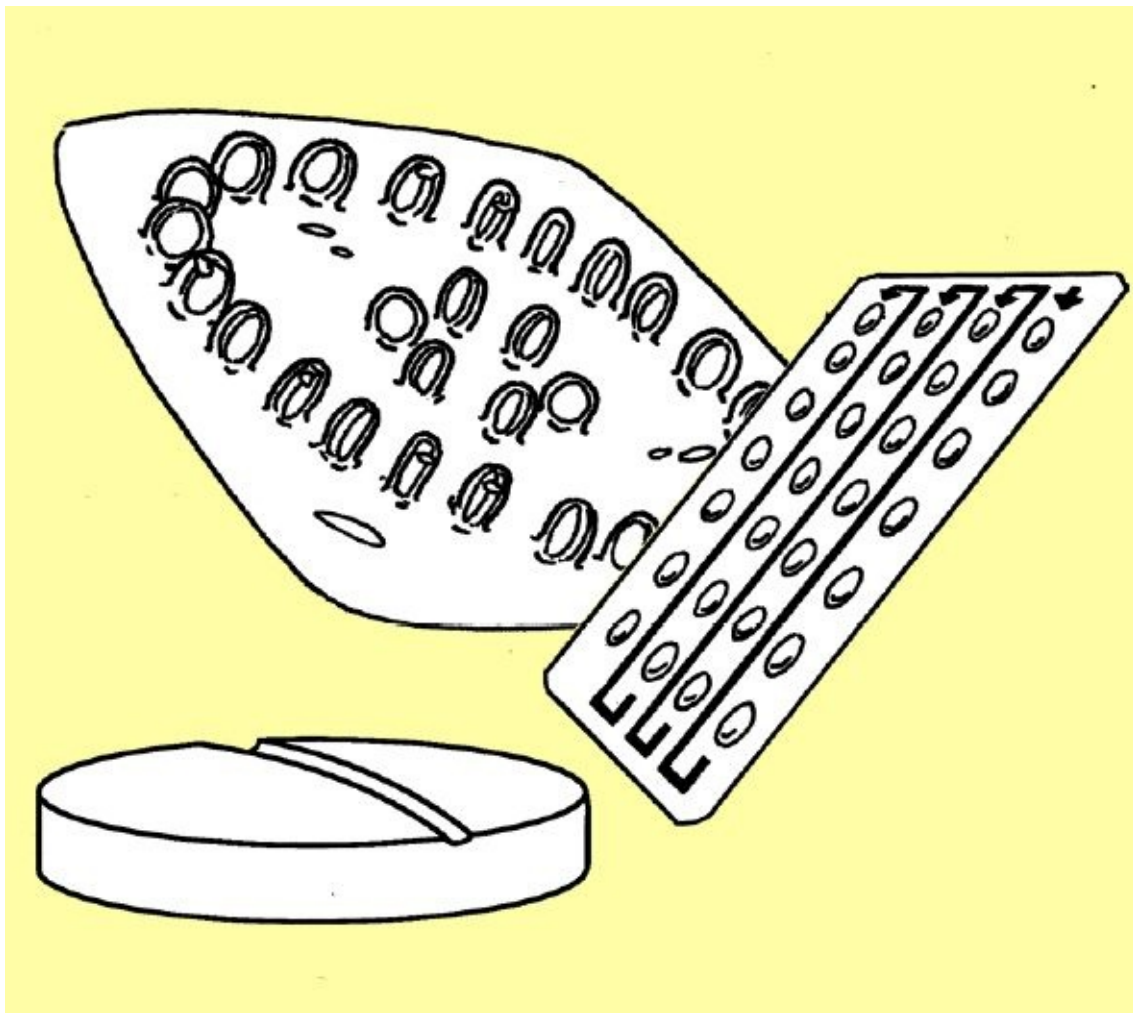
women finds it dries them out. Also, some women report leaving the Nuva Ring in for an entire month for period suppression, but please speak to your healthcare provider before trying this.

The NuvaRing sits in the same place as a diaphragm, only a woman doesn't need to worry if it's exactly in place because it isn't a barrier. It is fine if it moves around. One size fits all. The muscles in the vagina hold it in place, and most women can't feel it. If for some reason a woman's partner can feel the NuvaRing during intercourse, a woman can take the NuvaRing out for up to three hours at a time. If her partner can't finish doing his business in three hours, she should consider sending him to the bathroom his favorite porn on his phone while she puts her NuvaRing back in.

Here's the website for [Nuvaring](#).

The Pill

The pill is a hormonal method of birth control that works by stopping the eggs from leaving the ovary. As a result, ovulation does not occur. They also work by causing the cervical mucus to become thicker, which inhibits the effectiveness of sperm. Women take birth control pills for 21 or 28 days, although a lot of pill packages come with 7 dummy or reminder pills that have no hormones in them. A woman takes the reminder pills from days 21 to 28 to allow her to have a period. This creates a 28-day cycle.



Many women find the pill to be a great birth control, while others find the side effects to be undesirable or intolerable. The side effects include a decrease in sex drive. (For a discussion of this, see [Chapter 49. The Pill, Your Sex Drive & Depression.](#))

There are more than fifty different kinds of birth-control pills and it can be an art for a healthcare provider to get an optimal match between patient and pill. The clinical skill of a healthcare provider and her or his willingness to experiment and work with a woman are important. If the first brand does not fit with her body chemistry, there are other combinations and forms of hormonal birth control. Unfortunately, not many women are aware of their choices.

As for the pill's safety, there is a long term study that has followed thousands of former pill-taking women for more than forty years. These women had taken the pill for at least four years. The women who had taken the pill are living longer than controls who didn't take the pill. This isn't to say that bad things can't happen, but they tend to be rare and the health risks of taking the pill are not nearly as great as the risks of being pregnant.

If a woman is considering a hormonal method of birth control, the first thing to decide on is what she wants it to do for her. Is it just for pregnancy prevention? Or is it also to help tame harsh periods or to eliminate periods altogether? A woman should talk to her healthcare provider about the advantages, disadvantages and side effects of the different hormonal methods.

A woman also needs to be honest with herself regarding her ability to remember to take a pill each day. If the mere thought of this would cause the collective jaws of her family and friends to drop, she should consider an IUD, the NuvaRing, an implant or the Depo-Provera shot instead. All it takes is one missed pill for the effectiveness of the pill to go down. Also, the effectiveness of the pill can be impacted by antibiotics and other prescriptions a woman might be using. Whenever a woman who is using hormonal methods of birth control is given a prescription for another drug, she should be sure to ask if it will impact the effectiveness of the birth control pill.

Most birth control pills contain a combination of estrogen and progestin. A woman usually takes an active pill with hormones in it each day for 21 straight days. (Women who get migraines or who smoke and are over the age of 35 should not use methods of birth control that contain estrogen.)

Progestin-Only Pills, or POPs: Progestin-only pills only contain progestins. In fact, the original birth-control pill was made of progestins only. Progestin-only pills are called POPs or mini-pills. They are used by women who cannot

take estrogen, including those who smoke and are older than 35, as well as women who have heart disease, high blood pressure or are at risk for blood clotting. They can be helpful for women who have heavy bleeding or cramping during their periods. POPs are safer than estrogen-containing methods for women who get migraines or have a focal neurological deficit. They are also used by nursing mothers and women with sickle cell anemia.

There has been concern about bone density loss associated with progestin-only birth control, so women should make sure they are getting sufficient calcium and vitamin D. Female athletes at risk for Female Athlete Triad should talk about the advisability of using Progestin-only methods with their healthcare provider.

Progestin-only pills need to be taken at the same time every day. If you are more than three hours late in taking one, bleeding can start and the effectiveness can decrease. While progestin-only pills require extreme compliance, the hormone-releasing IUDs, Implanon implant, and Depo shot are progestin-only methods that can be hassle free for years at a time and you never need to worry about taking them at specific time of the day.

If You Forget to Take a Pill: Many women forget to take 2 or 3 pills a month. Not that any guy could remember to take a pill every day, but this is not good. Skipping makes the pill less effective; considerably so. If you forget to take your birth-control pill, check with your healthcare provider or your pharmacist. Also, your pill pack info should tell you how to make up for a missed pill or visit the pill's website. The websites for almost all birth control pills have instruction for what to do when you have missed a pill or more than one pill. Be sure to check them if you missed a pill or pills.

What follows is a general rule of thumb, and should not be taken as medical advice:

With most types of combination pill, if you missed only one pill, you will be told to take the pill you forgot right away and to take the next pill as scheduled. It would be wise to use a backup method such as a condom for at least a week. The exception is if the pill you forgot to take is during your week of placebo or sugar pills. In that case, no harm, no foul—get out of jail free.

If you missed two pills but remember it on the day (or night) of your second

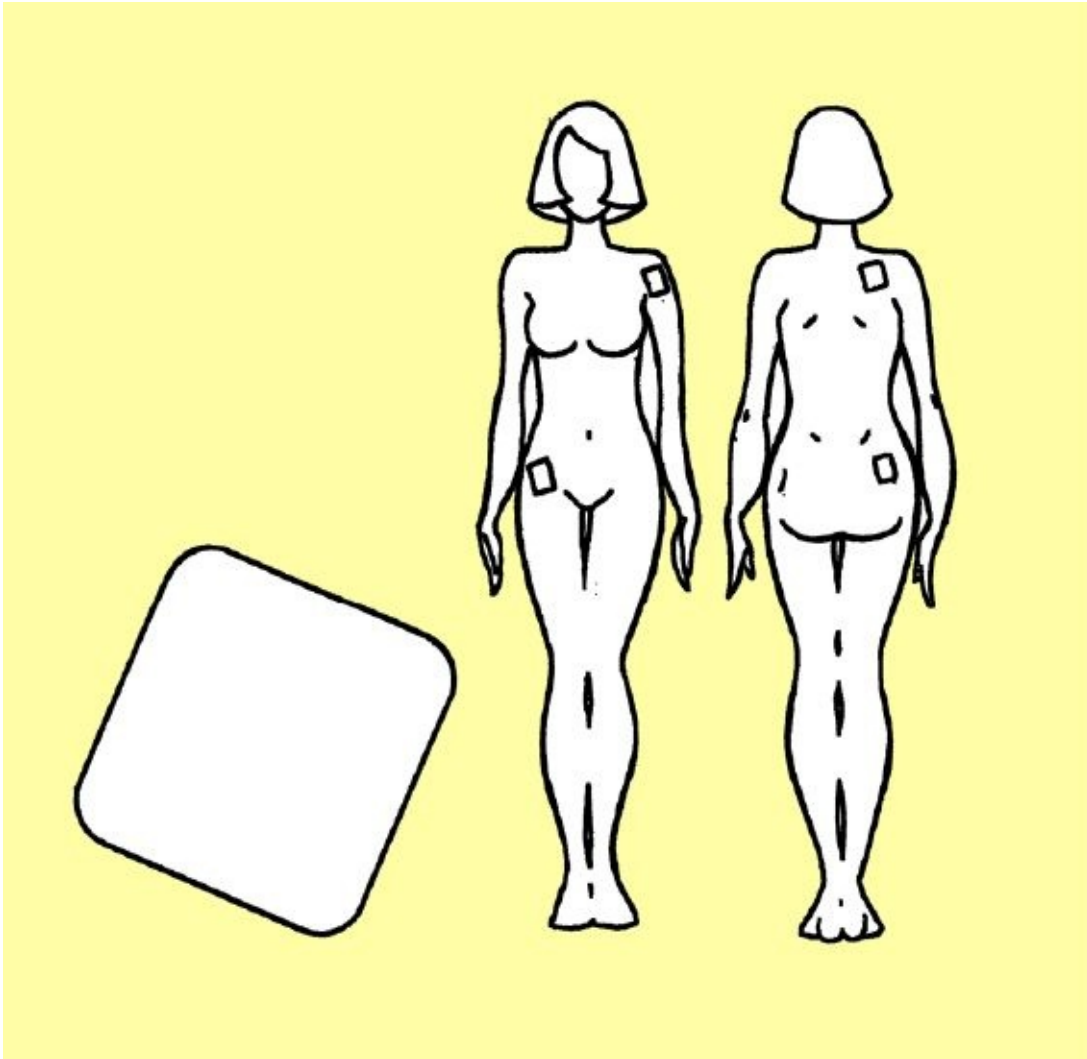
missed pill, you might be told to take both of the forgotten pills right away, and to take the next day's pill when you would normally take it. Use a backup method for at least a week.

If you missed two pills on but didn't remember them until the third day, your healthcare professional might tell you to double up now and double up again the following day. Use a backup method for at least a week.

If you missed three pills, call your healthcare provider right away! Emergency contraception might be in order, in addition to prayer.

Birth Control Patch or OrthoEvra

The patch is a hormone-based contraceptive that eliminates having to take birth-control pills. It is a small 2” square that is applied to the skin. It can be placed on the hips, butt, abdomen, upper arm, or shoulder blade, but not on the breasts or extremities. Users need to replace it once a week. After three consecutive weeks with a new patch, women go patch-free for a week to have a period. The patch contains a dose of hormones similar to birth control pills. However, instead of having to swallow them in pill form, the hormones are absorbed through the skin. While the patch is not as effective for women who weigh over 198 pounds, it is still more effective than condoms when used correctly. There is no research on whether the patch remains effective while swimming.



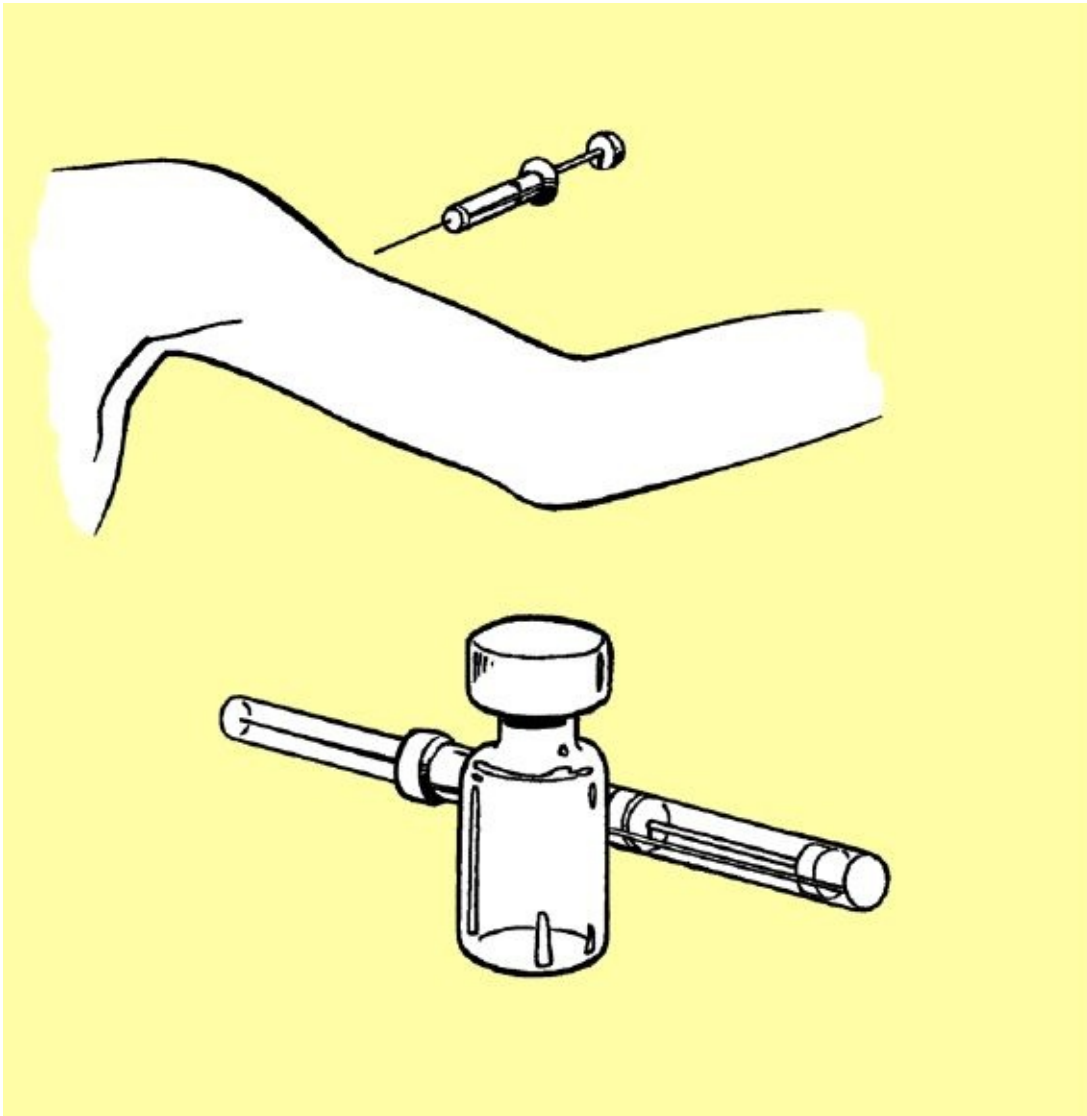
There have been safety concerns about increased numbers of blood clots being caused by the Patch. The FDA reviewed the data and by a vote of 19 to 5 decided to keep it on the market. They believe the benefits outweigh the dangers. Also, women who get migraines or who are over 35 and smoke should not use methods of birth control like the patch that contain estrogen.

Be sure to set a weekly reminder on your phone for when to change your patch. You might also ask your partner to help remind you if you have one.

The patch used to be called OrthoEvra, which sounded like a brand of bug spray. Now it has an even sexier name: [Xulane](#).

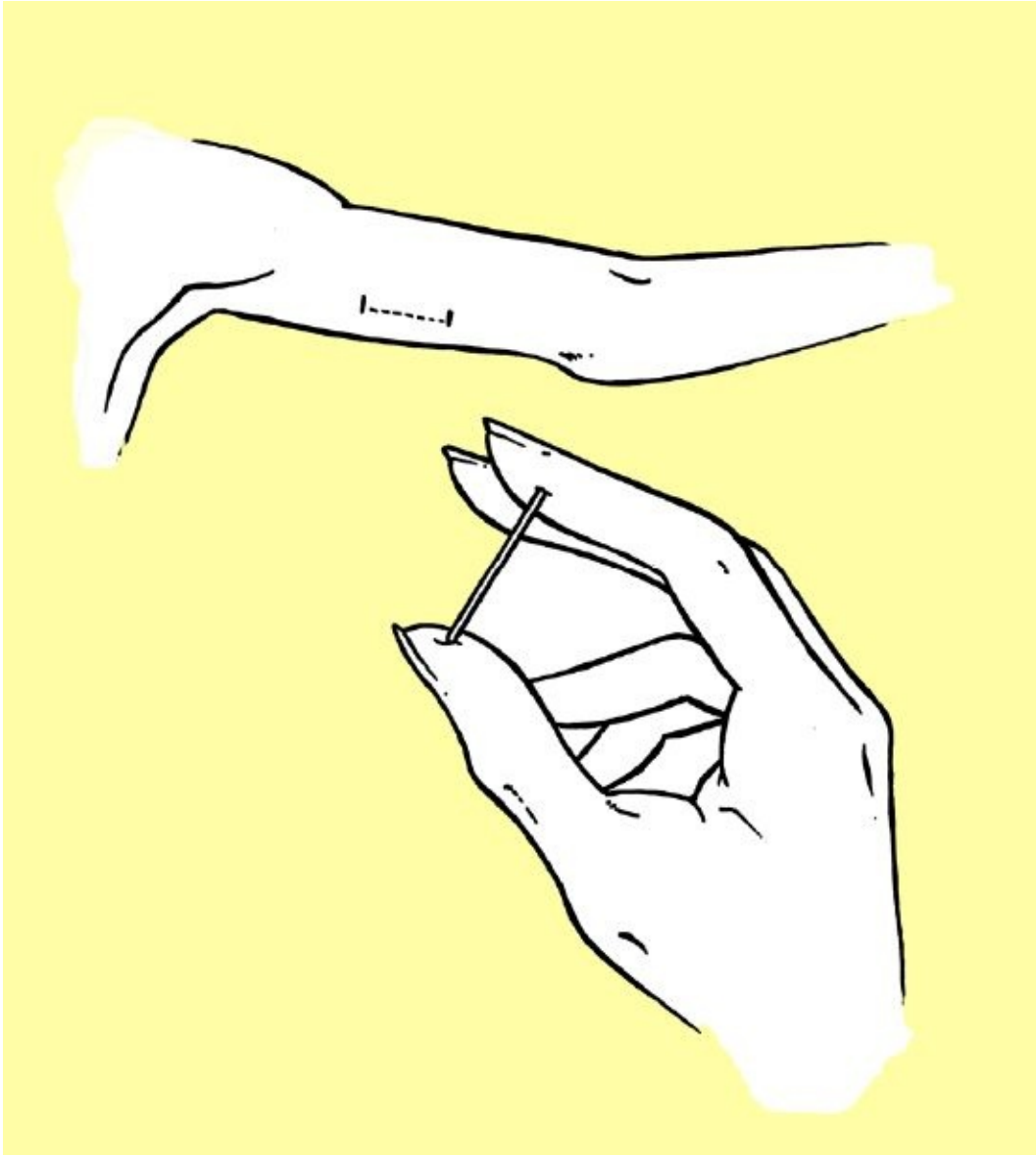
Depo-Provera Three Months at a Shot

Depo-Provera is a progestin-only pill-in-a-shot that lasts for 12 weeks. Women seem to either love it or hate it. If you hate it, you are stuck with it in your body for 3 months. One of the main side effects of Depo is irregular bleeding. Some women bleed a lot and some don't bleed at all. Some women find that Depo stops their periods altogether for three months.



Birth Control Implant Effective for Three Years

The birth control implant is a matchstick-sized rod that is inserted in the arm under the skin. It provides highly effective birth control for three years. User error is impossible. The implant is a progestin-only method that decreases or stops period bleeding in 80% of the women who use it. Yet a side effect for some women is irregular bleeding, especially during the first three months. Brand names for the implant are Implanon and Nexplanon, with Nexplanon being the newer version of the implant. Since it needs to be removed at the end of three years, make sure your healthcare provider is experienced at placing it near the surface of the skin.

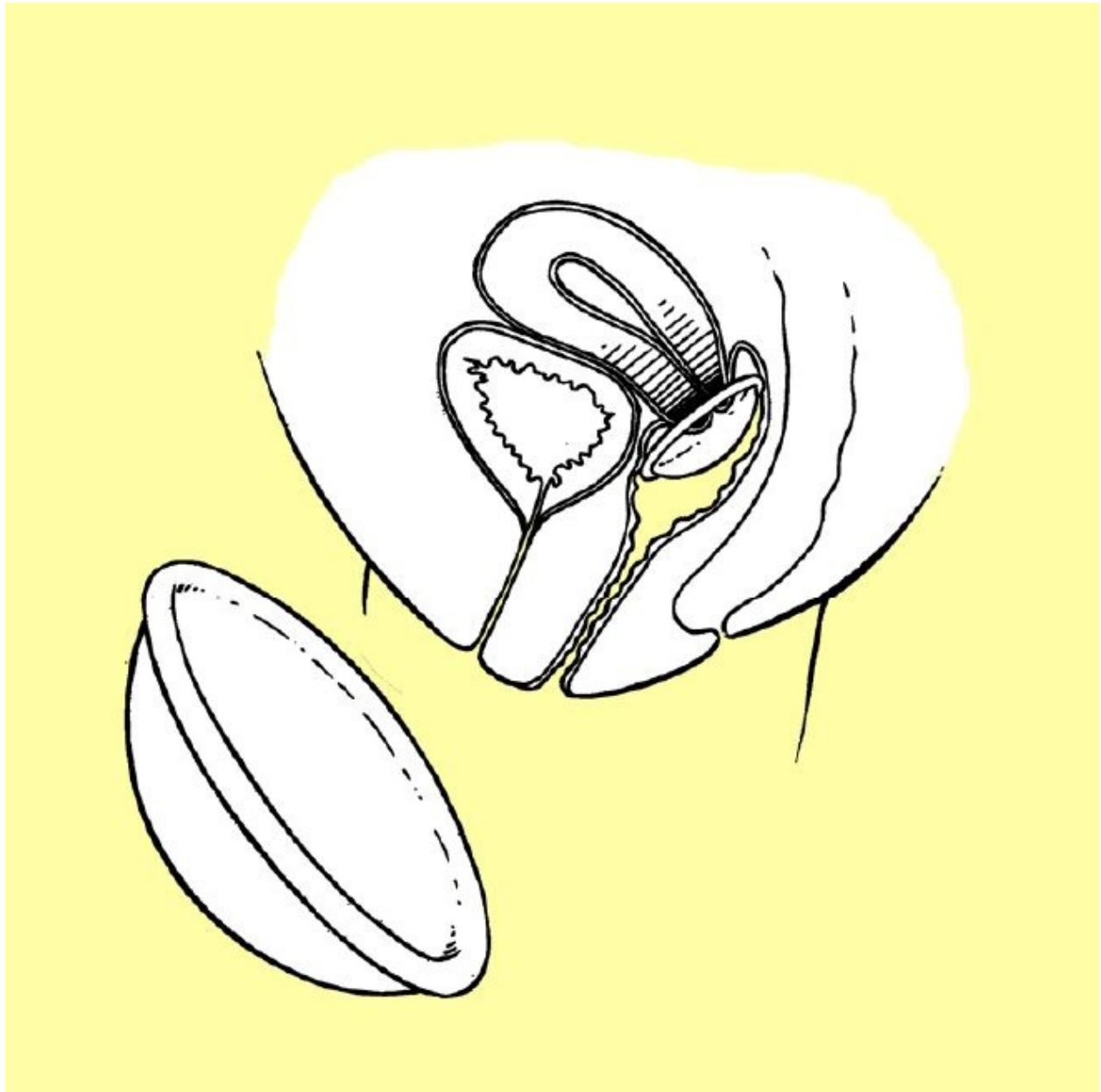


Be aware that the implant does not always get the best reviews from women, and if you do have side effects, getting it removed can be a hassle.

Here is the website for [Nexplanon](#).

The Diaphragm

The diaphragm is a shallow latex or silicone cup that a woman puts spermicide into and then places over her cervix before she has intercourse. Diaphragms used to be as common as sex itself, but not many women use them now. They require a goop-and-insert routine each time a woman has sex. However, the diaphragm has no hormonal side effects.



The diaphragm may be a good choice for a woman who doesn't need to use

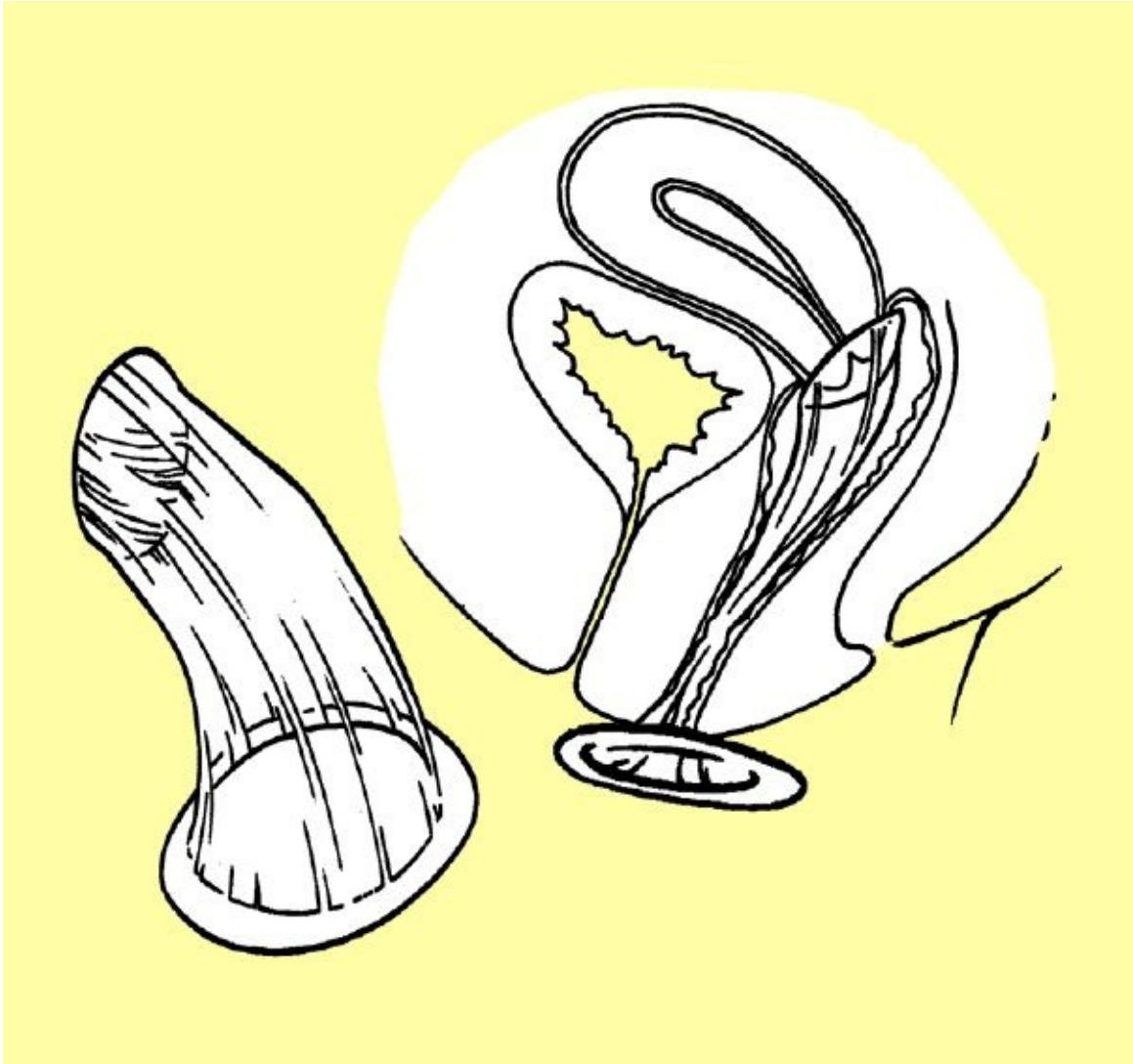
birth control often, including someone who has a long-distance partner where most of the sex is on the phone or by chat or sexting. For women with latex allergies, they are finally making non-latex diaphragms out of silicone.

Fitting a diaphragm can be as much art as science. Diaphragms can also cause a feeling of pressure on the bladder. They must be left in for eight hours after the last intercourse. If a woman's lover is the kind who does a rapid reload and fire, she'll need to squirt in extra spermicide but she doesn't need to take the diaphragm out. She will need to get a new diaphragm every year or two, which should be accompanied by a refitting.

FC2 Female Condom or The Vagina Liner

The FC2 Condom is a pouch that's inserted into the vagina. It forms a thin protective barrier between the penis and the walls of the vagina. Because it sits in the vagina, the man doesn't have to pull out as soon as he comes and his penis starts to shrink. It is especially valued by couples where a penis is extra wide or has a foreskin that doesn't do well with male condoms. The female condom used to be known as "Reality" and was made of polyurethane. It is now called the FC2 Condom in North America and is made of nitrile. Nitrile is cheaper to manufacture and it doesn't make the squeaking noises when the penis thrusts that the older model was known for. Also, the warmth from the woman's vagina passes easily through the nitrile material.

The female condom can be installed in the vagina long before lovemaking begins, so putting it in needn't interrupt the flow or spontaneity of lovemaking. It gives women more control in protecting themselves and it can even be used in water. Some women report that the ring around the outside of the condom helps stimulate their clitoris during intercourse.

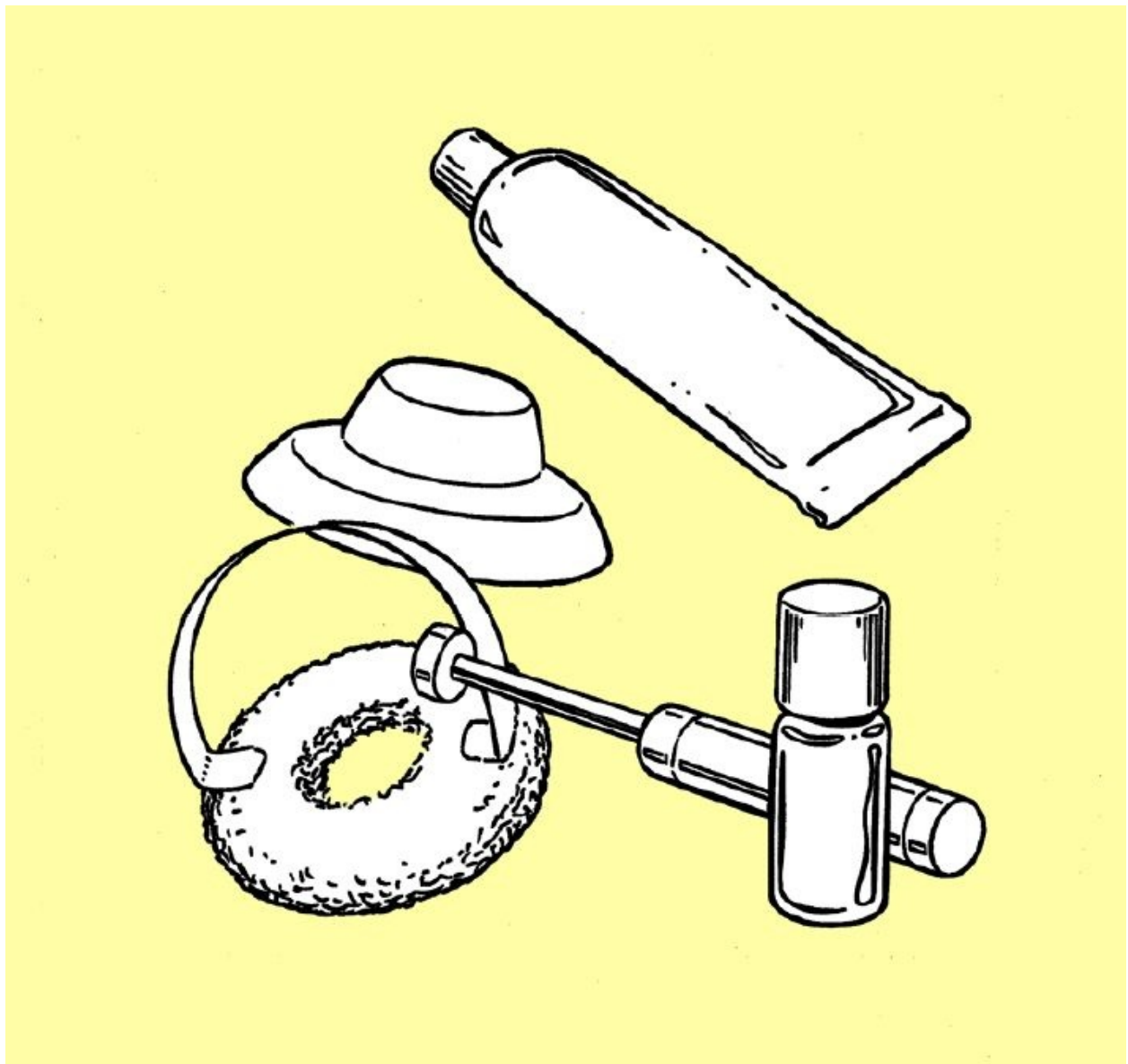


A male condom should never be used at the same time as a female condom. The friction between a bagged penis and a vagina liner has the potential to cause material failures if not combustion. Unfortunately, the female condom hasn't caught on in North America. It isn't cheap and some couples find it to be strange. Like the male condom, it doesn't provide the best of birth control effectiveness. It is being used by some straight and gay couples for anal intercourse, although it's doubtful that the instructions include this small detail and the FDA hasn't given a thumbs up to using the FC2 for butt piracy. Couples who use it for anal sex often remove the inner ring before inserting it into the anus. The female condom of the future will possibly be made of a gel that forms a thin mesh barrier when it mixes with vaginal lubrication.

Here's the website for the [FC2 Condom](#).

Spermicides: Sponges, Films, Foams, Gels, Suppositories & Jellies

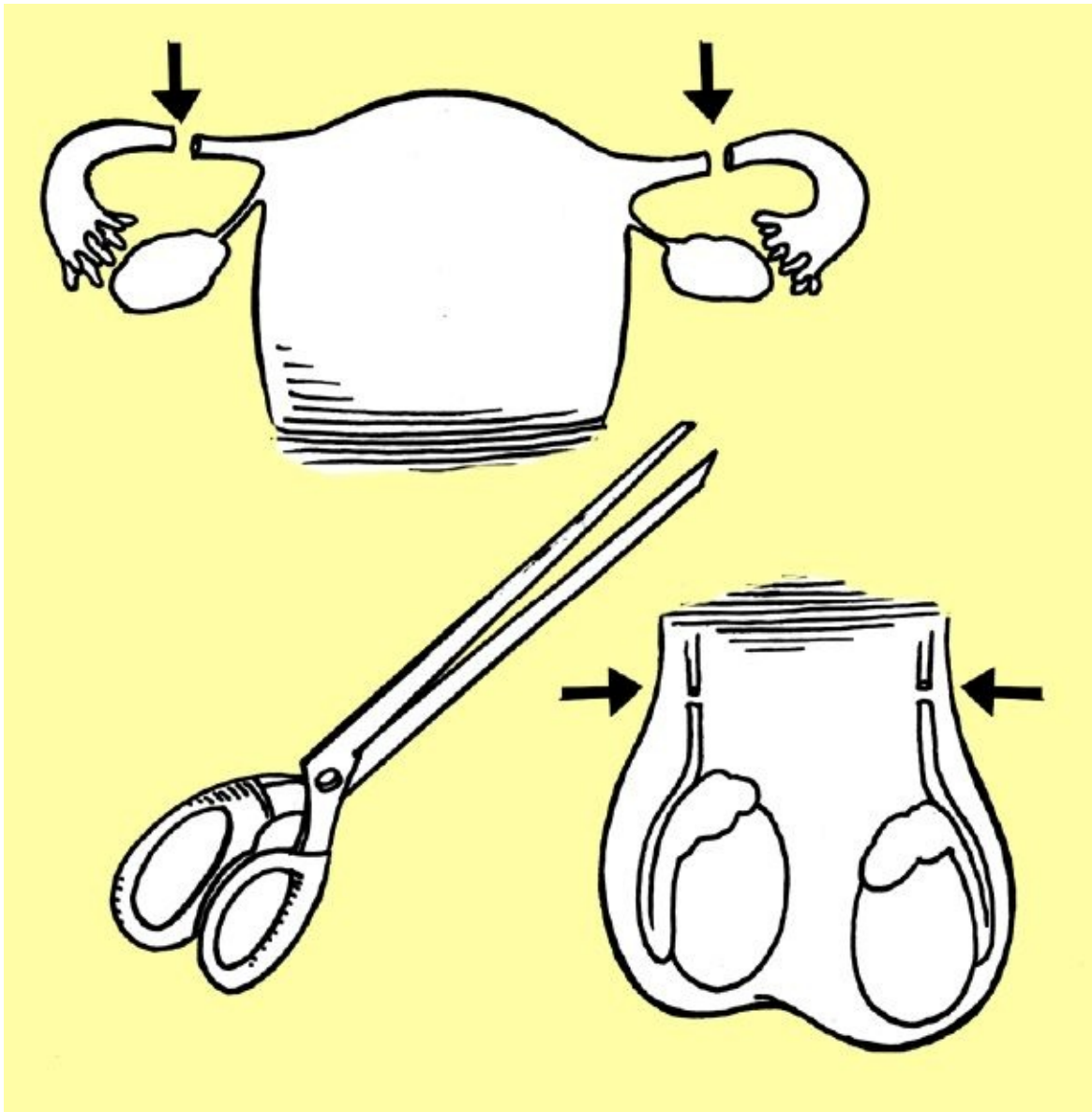
Spermicides are chemicals that are used to kill sperm and perhaps reduce the risk of pregnancy. They are placed in the vagina before intercourse. The forms they come in include films, foams, sponges, suppositories, and jellies. Most are made with the chemical nonoxynol-9 (N-9). Spermicides can be much less effective than other birth control methods, including condoms. *CAUTION: As of press time, there was growing concern that spermicides are even less effective for birth control than was previously thought.*



Spermicides can be bought over-the-counter and they can be an alternative for women who aren't able to use hormonal methods. They can be messy and taste really nasty. The chemicals in spermicides can cause irritation in either partner, which increases the chance of getting STIs. Spermicidally-lubricated condoms can cause irritation as well.

Tubal Ligation or Essure for Women, Vasectomy for Men

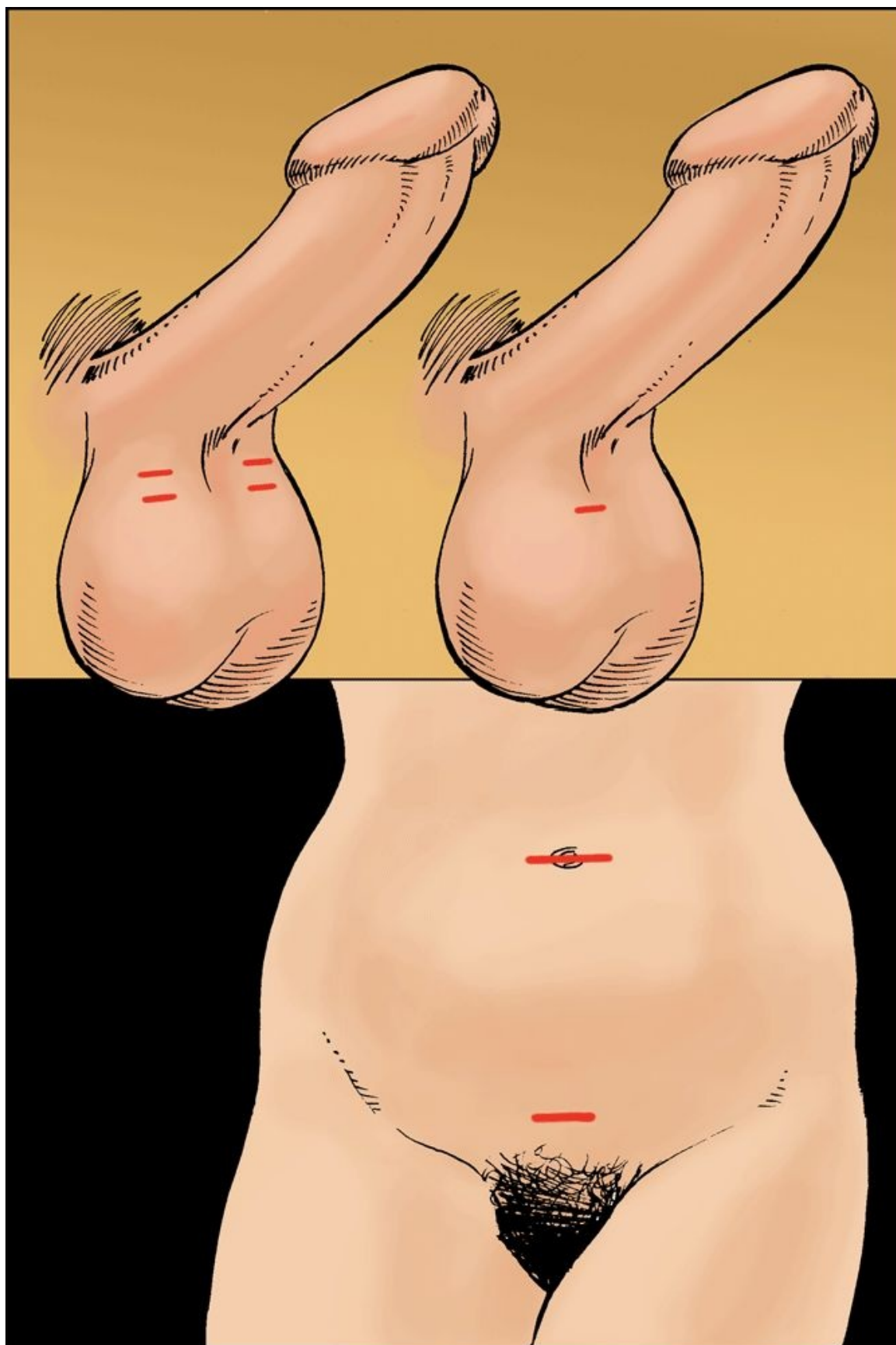
Tubal ligation and vasectomy are permanent forms of birth control. They are highly popular and have a failure rate of 1% or less. Both are done on an out-patient basis. Neither procedure will cause a change in a person's sex drive, and many people report they enjoy sex more once they don't have to worry about pregnancy. They are the best form of birth control if you are not interested in having children or more children.



In tubal ligation, a thin tube-like instrument is passed through a small

incision that is slightly below a woman's belly button. The surgeon seals the fallopian tubes with clips, rings, or with electrical current. In order to see the fallopian tubes, a harmless gas is put into the abdomen. The gas is let out once the tubes have been sealed. Afterward, the eggs from the ovaries can no longer reach the womb. The total procedure takes about 15 to 20 minutes. Tubal ligation does not stop a woman's periods, but it does stop her fears about becoming pregnant. A newer method of female sterilization is called Essure. This is a non-surgical method of sterilization where spring-like coils are inserted to block the fallopian tubes.

A vasectomy begins with a small incision that is made in the scrotum. The physician reaches the vas deferens or sperm-carrying tubes with a thin instrument. The tubes are then sealed so that sperm does not mix with ejaculate. The procedure should take less than 20 minutes. There is also a newer method called the No-Scalpel vasectomy where the scrotal skin is not cut with a scalpel. Instead, an opening in the scrotum is made with a special instrument to help decrease bleeding and pain. The rest of the procedure is like a conventional vasectomy. Since sperm makes up less than 5% of each ejaculation, the volume of semen that a man ejaculates will appear to be the same. The only thing that will be missing are concerns about pregnancy.



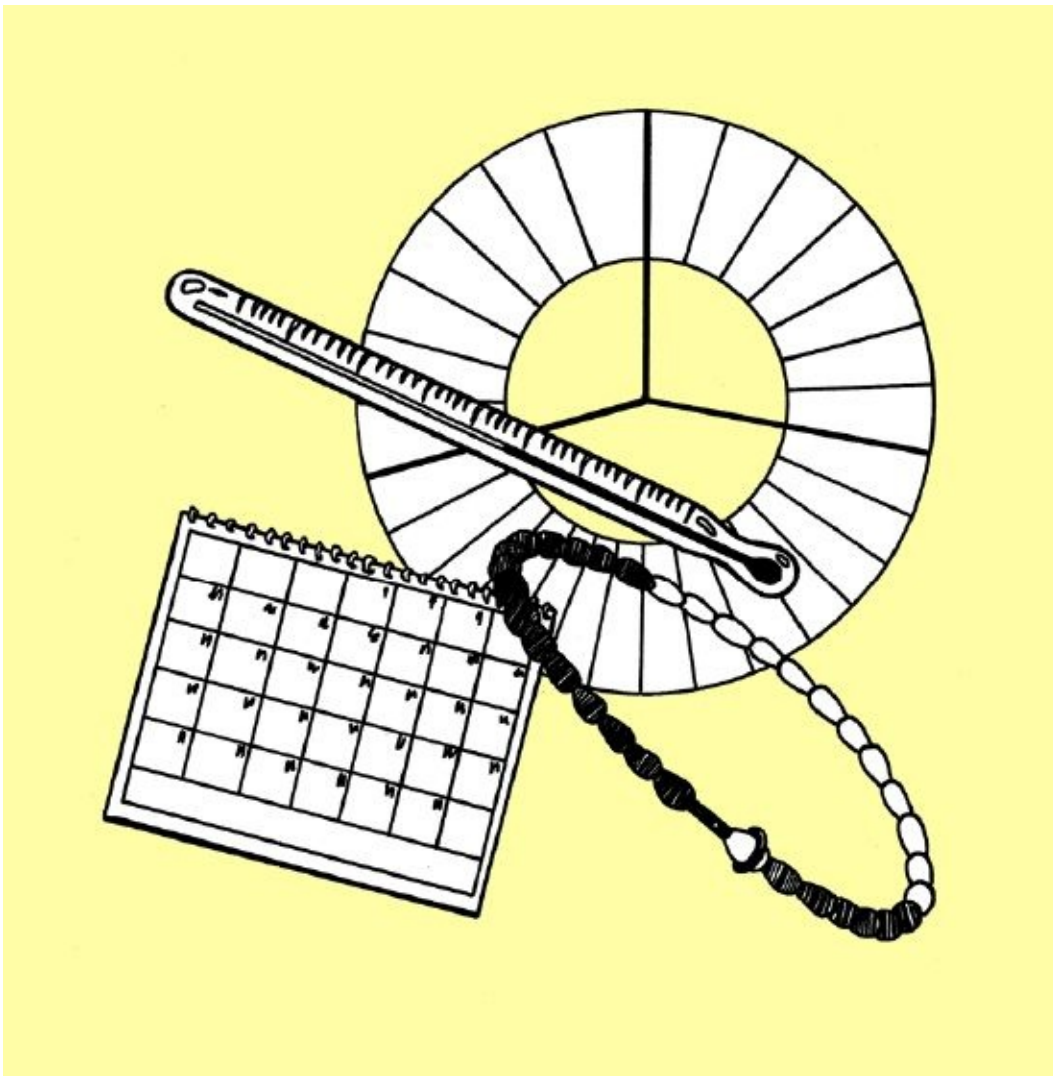
Oral Sex and Hand Jobs

If a woman uses oral sex or a handjob to satisfy her partner instead of vaginal intercourse, her chances of becoming pregnant are zero and her chances of getting a horrible disease like HIV are next to zero. She doesn't need a prescription to give oral sex or hand jobs, nor must she go to the drug store or have the money to purchase them.



Natural Family Planning—May the Cervix Be with You

Natural Family Planning is an attempt to define which parts of the month a couple can enjoy intercourse with a low probability of conception, and which times are best to avoid. Natural family planning requires far more knowledge, planning and discipline than other methods of birth control. The effectiveness is not usually very high and can vary greatly. There are several variations of natural family planning, including the cervical mucus method, the two-day method, the calendar method, the standard days method, the symptothermal method and the temperature method.



One of the indicators of fertility is when the mucus that comes from the cervix starts to look clear like raw egg white and is slippery and stretchy. This is

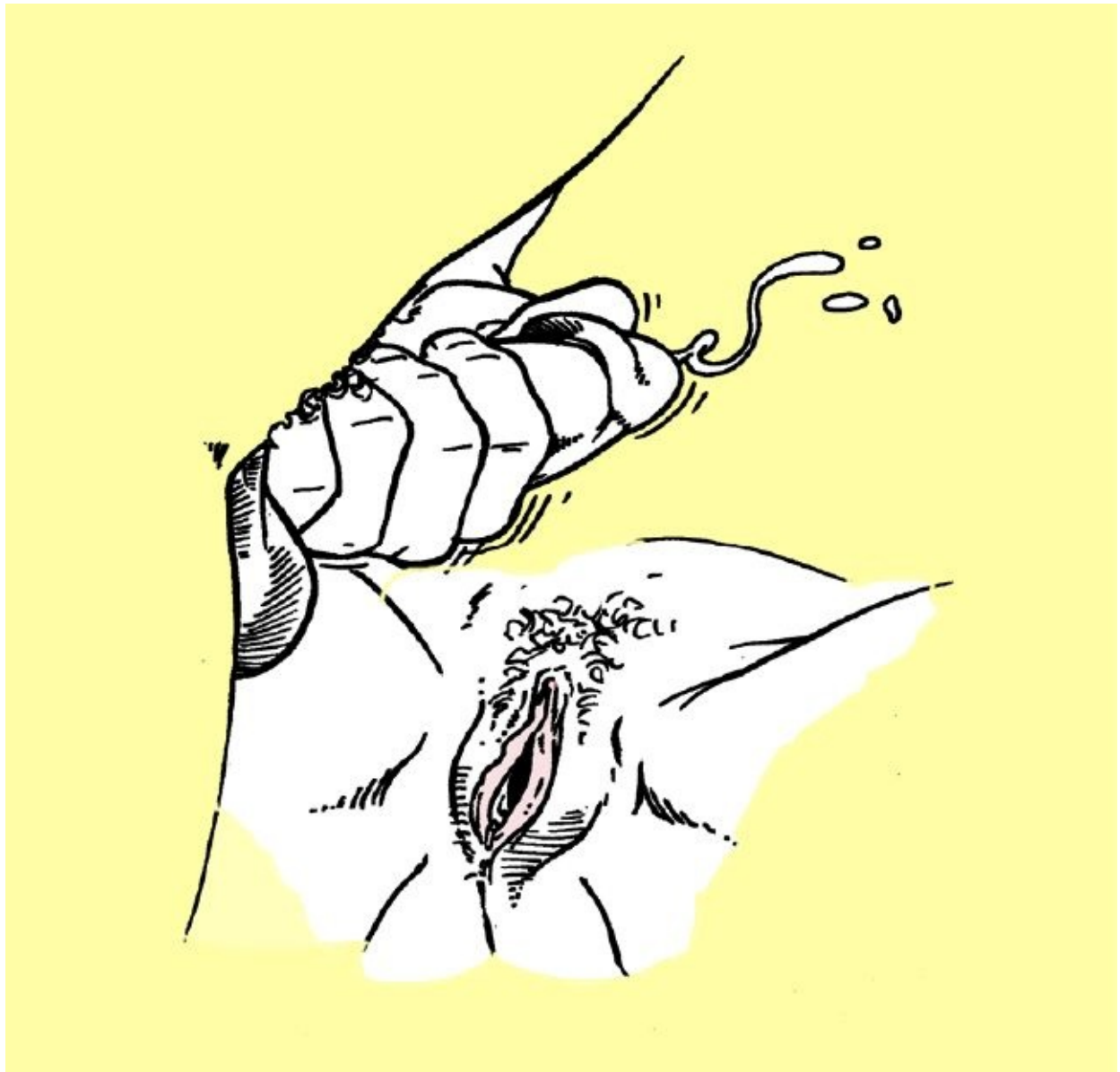
the cervix's siren call for sperm. This is one of the signs that natural family practitioners look for as an indicator of fertility. When the mucus looks like this, the couple either abstains from intercourse or needs to use an alternative method of birth control such as a condom.

Natural family planning should not be considered unless the partners are monogamous and committed, and have a total understanding of what's involved. Even then, it is anything but infallible. It would also be less than optimal to practice NFP when you are younger and your ovulation is not as consistent as it might eventually be.

There are two styles of natural methods, the NFP or natural family planning and FAM or fertility awareness methods. FAM encourages couples to use a backup method such as condoms or a diaphragm during unsafe periods, where NFP is more religion based and anti-contraception. Toni Weschler's Taking Charge of Your Fertility, 20th Anniversary Edition (2015) is the bible of natural birth control. Also be sure to get the accompanying software for the book to help you do the best planning possible. If you are trying NFP and find yourselves having intercourse during a less-than-optimal time, the man should pull out and ejaculate on the side. However, some religious groups might not approve.

Coitus Interruptus: Withdrawal or Pulling Out

One of the problems with birth control is that people don't think they need a backup method. But what happens when you've forgotten to take your pill for the second day in a row or the condom didn't get put on in the heat of passion? Why not consider pulling the penis out before the man ejaculates, with him ejaculating to the side instead of inside? This is known as withdrawal or coitus interruptus, which is Latin for "pull out the thing before it spits."



Withdrawal is when the man pulls his penis from the woman's vagina before

he is about to ejaculate and shoots his semen off to the side. One of the biggest problems in recommending withdrawal is that there have been absolutely no empirical studies to determine whether it works. We also know that up to 40% of men do have sperm in their precum which is mobile and could possibly be capable of impregnating a partner. This could make withdrawal ineffective for these men even if they correctly pull out before they ejaculate.

Withdrawal was the only method of birth control used during the fertility decline in Europe, and was probably the only effective method of birth control used in the 1800s when the average size of the American family decreased from 7 children to 3.5. So it does work for some couples. The question is whether you want to risk having 3.5 children. (Different forms of abortion were popular during that time as well as other methods, so it's impossible to know if the decrease in population came from withdrawal alone.)

One of the world's most quoted experts on birth control recently said that if he were concerned about pregnancy, he would use a far more effective method of birth control than withdrawal. If he were concerned about sexually transmitted infections, he would use condoms as well.

Breastfeeding or LAM (Lactational Amenorrhea Method)

Ovulation stops for six months after childbirth in women who are exclusively and consistently breastfeeding their baby. The mom must breastfeed at least every four hours and she must not substitute any other food. This assumes she has not had a period since giving birth.



Emergency Contraception And Morning-After Pills

Emergency contraception is something that is done after having had intercourse in the hope of preventing conception. There are currently three forms of emergency contraception available in the US: pills such as Plan B One Step and its generic equivalents (OneStep Take Action, Next Choice One Dose, My Way, and EContraEZ), another type of pill called Ella, and the copper IUD. A fourth type of emergency contraception contains mifepristone and is available in China, Vietnam, Armenia and Russia.

Plan B One Step (OneStep Take Action, Next Choice One Dose and My Way) is available over the counter and without prescription. Men can buy it as well as women. Unfortunately, you currently need a prescription for Ella, unless you order it [online](#).

Both Plan B and Ella work by preventing the egg from leaving the ovary. To be effective, they need to be taken before the egg has entered the Fallopian tubes, so it is imperative they are taken as soon as possible after intercourse. Do not wait until the next day if you can take it sooner.

Plan B works by interrupting the release of the egg from the ovary if and only if it is taken before the LH surge which triggers release of the egg. If it is taken after the LH surge begins, it is not effective. Ella contains a second-generation antiprogestin called ulipristal acetate. Ella stops the release of an egg even if it is taken after the LH surge, which is why it is more effective than Plan B.

Contrary to what some abstinence-only groups have claimed, neither Plan B One Step nor Ella cause an abortion. This is why you need to take them as soon after unprotected intercourse as possible, because once you ovulate, they don't work.

Plan B One Step has been shown to be extremely safe, even if taken multiple times. People often confuse Plan B One Step with Mifepristone which causes an abortion.

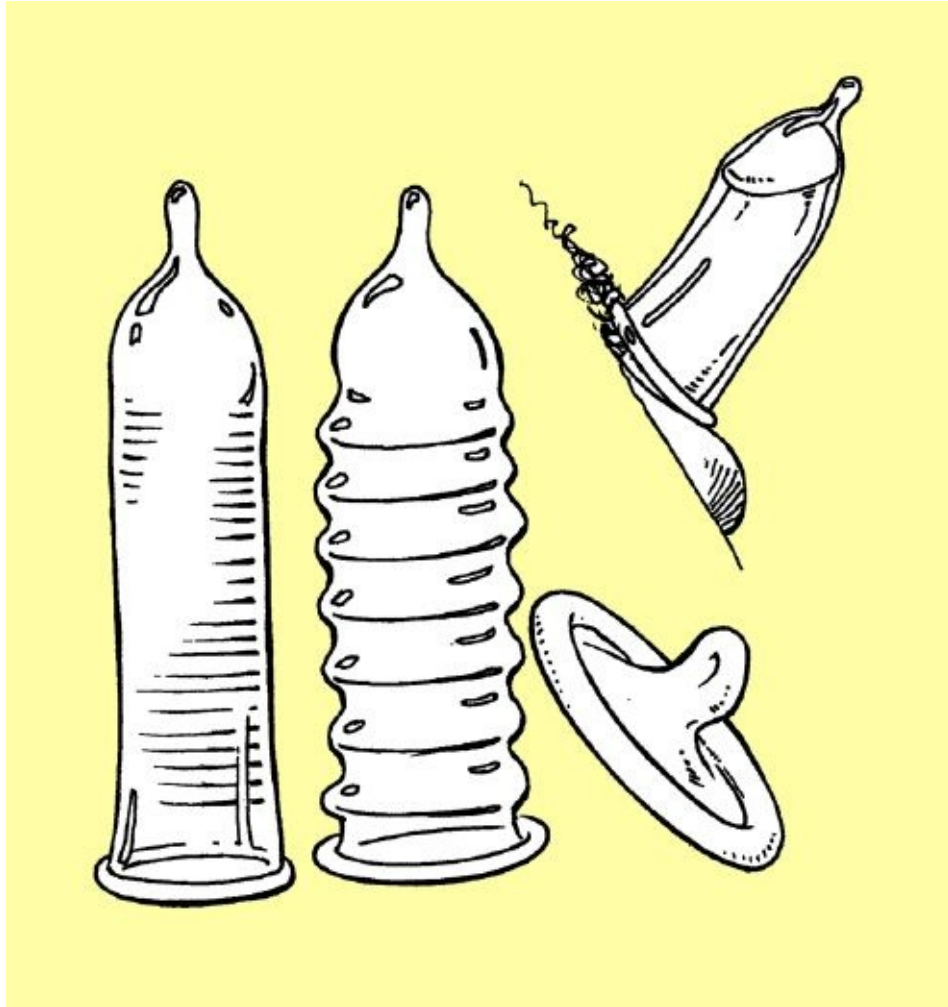
If you can't find Plan B over-the-counter, visit www.PlanBOneStep.com. Warning: Research is now showing that Plan B does not work for women who weigh more than 176 pounds.

The copper IUD is another form of emergency contraception that has been approved by the FDA. The IUD either prevents conception or disrupts it, depending on when it is inserted. It does not need to be taken out, and can provide several years of continuous and highly effective birth control. Approximately 95% of women who have the copper IUD inserted for emergency contraception leave it in for years as their primary source of birth control.

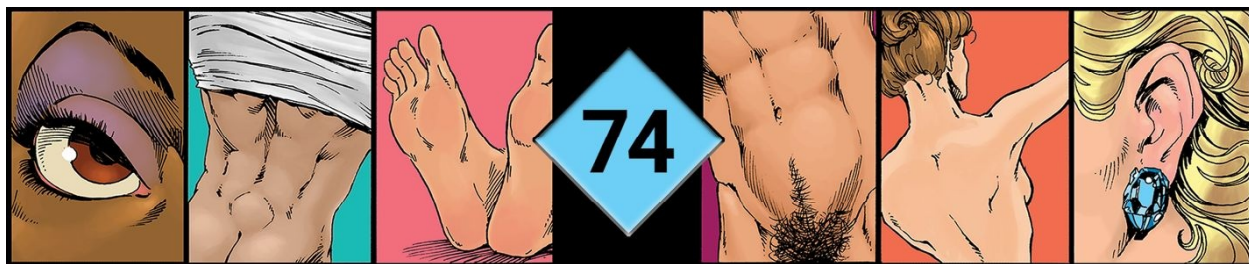
For more information about Emergency Contraception, visit the [The Emergency Contraception Website.](#)

Male Condoms

For an extensive discussion about male condoms, please see [Chapter 24. Condoms: For The Ride of Your Life.](#)



A Very Special Thanks to Angela Hoffman, birth control and sex education expert, for help above and beyond the call of duty with this chapter. Colossal amounts of gratitude & thanks to Cynthia Graham and one of her partners in condom research crime, Bill Yarber. A big nod of appreciation to James Trussell.



God, Sex and Goodbye!

When people ask why I wrote this book on sex, I usually say it was revenge for eight years in Catholic school. But even before I went to school, I had started to appreciate the influence of religion on people's lives—both good and bad.



One of my earliest memories as a child was being at a holy-roller revival in a big tent with people waving their arms in the air and begging the Lord to save their souls. (Our family wasn't evangelical, but the baby-sitter was.)

Later, as a teenager, I would revisit the revivals out of curiosity. Revivals were like the circus. They rolled into town for a couple of days, and then rolled out in the dark of night. The county where we lived was poor, so it was interesting to see the Evangelists arrive in shiny new Cadillacs.

At what seemed like a pre-arranged moment during the revival, one of the women who had arrived in the new Caddys would start screaming that she'd had inoperable cancer and had been saved by Jesus. She would then crawl up the aisle to the collection basket, waving serious amounts of cash as she wept and wailed. Sometimes the preacher would lay his hands on her and she would faint, other times not.

On the second night of the revival, at the very same moment, this same woman would be wearing a different colored wig and would scream that the Lord had saved her from the ravages of alcoholism and sexual excess. Again, with big bills in each hand. Many in the audience followed, admitting to their own transgressions of the flesh, and asking that Satan be cast from their souls.

The most important thing I learned at the revivals wasn't that they were well-planned and highly orchestrated. Rather, it was their impact on the people who went to them. Even to my young self, I could see how these events put hope into the lives of people who didn't have much. It's where they went to confess and be saved, until the next time.

Maybe that's why people would show up at those revival tents and wave their arms in the air and not notice that the woman who started the parade of bill-waving sinners was a ringer from the bank of the preacher. I didn't know then, and I still don't know, if that was such a bad thing. It's hard for any of us to live our lives without hope.

As for my own personal experience with religion and hope, there was a radio evangelist by the name of Brother Popoff who I sometimes listened to on the all-night radio station that beamed up from Mexico. He was on after The Wolfman. If you sent him money, he promised to send you a special prayer cloth. So I

taped some dimes and quarters to a card, and sent him what I had.

A few weeks later, a piece of red cloth arrived in the mail. It was about one-foot square, with no seams on the sides. The accompanying note said for me to lay it over anything that was troubling me. So I went to bed every night with that red prayer cloth tucked inside the front of my briefs.

I never did see much of a dividend, but then again, not too many people go on to write books on sex that sell a million copies.



Glossary of Sexual Slang in Popular & Unpopular Culture

A2M—ass-to-mouth. Sucking on a partner's unwashed penis after it has been up a partner's bum. Far more popular in porn than in real life.

AC/DC—1. a bisexual; aka switch-hitter, or versatile. 2. geezer rock band.

ADULT GRAPHICS COMMUNITY—3-D adult erotic art, comics and animation created by graphic artists in programs like Poser, Daz Studio and Photoshop. Can be very sadistic toward women. The premier adult graphics website: www.renderotica.com.

AFTER MARKET—a transsexual term referring to genitals after sex-reassignment surgery as opposed to factory equipment (the genitals you were born with). To quote MtF transsexual Valentine Lovecraft, “My soul is stock, my pussy is aftermarket.”

AFTERNOON DELIGHT—sex in the afternoon; a nooner.

AGE PLAY—sexual role-playing where one partner pretends to be older and in control while the other pretends to be much younger.

AIRPLANE BLOND (US) OR AEROPLANE BLOND (UK)—term for when someone with dyed hair still has a black box (pubic hair that's the person's natural color). When the carpet doesn't match the curtains.

AMATEUR—a genre of porn that's supposed to be the real deal, allegedly created by horny housewives, naughty neighbors, and average guys who just happen to have 8” penises.

AMBIEN SEX—people who are taking Ambien have been known to engage in complex behaviors while not fully awake (e.g., preparing and eating food, making phone calls, or making love). You would think that having sex with someone who has taken a sleep-inducing drug would be like sex with a zombie, but spouses have claimed their Ambien-taking partners become very uninhibited and initiate intense and wild sex. While the person might seem totally awake, they often don't remember a thing about it. Small doses of Ambien after a glass of wine can result in the same type of uninhibited sex. This can present serious issues surrounding consent.

AMPALANG OR PALANG—a horizontal piercing through the head of the penis.

ANAL—1. a blanket term for anal sex, anal play and rimming. 2. a person who requires orderliness and perfectionism to the extreme.

ANAL BEADS—worry beads for the rectum. A string of beads that are placed in the rectum before sex, and then are pulled out during orgasm to enhance sensation; a pearl string.

ANAL BLEACHING—when a porn actress or actor uses skin fade cream on their anal opening to make it look pink instead of brown.

ANALINGUS—kissing or licking ass; rimming.

ANAL MASTURBATION—when a person gives him or herself an orgasm by stimulating the anus, rectum or prostate. Anal masturbation is often accompanied by genital stimulation.

ANAL STRETCHING—body modification where the anus is stretched to a much larger diameter than is normal. Also when a person uses a butt plug or dildo to relax or dilate an anus to help accommodate a penis.

ANDRO DYKE—a lesbian who neither looks butch nor fem; butch-lite.

ANDROGEN INSENSITIVITY SYNDROME (AIS)—a genetic anomaly where an embryo with XY chromosomes is not sensitive to androgens. Androgens are the masculinizing hormones that cause the embryo to produce male genitals and have a masculinized brain. There are different kinds of AIS, including complete, partial and mild. With complete AIS, the baby is born a female, with a feminized brain and a female genitals. Her vagina can be a bit short, and she doesn't have a cervix or uterus. She can look as plain or striking as any other woman, and she is a woman in almost every way except for a short bit of code on one of her chromosomes. A lot of women with AIS don't find out they have AIS until their late teens, when they go to a gynecologist because their periods haven't started. AIS is an intersex condition.

ANDROGYNOUS—not really masculine or feminine looking.

ANIME—animated art or cartoons from Japan with a distinctly Japanese style. It is sexualized and is aimed at a more mature audience than American cartoons. The characters have large eyes and wild expressions; women have

multi-colored hair and breasts so big they look like they are going to pop. There is often nudity and violence, but it stops short of being considered porn. In Japan, anime that crosses the line into porn is called hentai.

APADRAVYA—a vertical piercing through the head of the penis.

APHRODISIAC—substance that is thought to increase sexual desire.

ARSE—British for ass, *e.g.* piece of arse, up your arse, arse wipe, arsing about, arse-over-tit (a bad fall), or tight as a duck's arse.

ASS BLOW—sticking your tongue into a lover's anus; rimming, tossing salad.

ASS PLAY—sexual stimulation of the butt, especially focusing on the anus.

AUTOFELLATIO—to suck one's own penis.

AUTOPEDERASTY—when a male can stick his partially-erect penis into his own anus; not the sport of short-dick men. Why this is called autopedderasty makes no sense.

AVN—Adult Video News, official organ of the adult-video trade. Also refers to the annual trade show of the adult entertainment industry.

BAGGER—male who attempts to partially asphyxiate himself while masturbating. Has resulted in deaths that are mislabeled as suicides.

BALL GAG—a BDSM device which includes a strap running through the center of a rubber ball. The ball is placed in the mouth of the person being gagged. It's the BDSM version of Croakies, with a rubber ball where the glasses should be. Has nothing to do with the testicles.

BALLS TO THE WALL—powering through a situation; origin: the Air Force.

BAREBACKING—anal intercourse without a condom.

BARE-BALLING—when a guy isn't wearing underwear; commando.

BARTHOLINS GLANDS—two small glands at the bottom of the vaginal opening which help secrete lubrication; explains why you should reach to the bottom of the vaginal opening to bring lubrication up to coat the clitoris.

BASHFUL BLADDER SYNDROME (PARURESIS)—when a person can't urinate in a public bathroom or when anyone else is present; pee-shy.

BATTERY-OPERATED BOYFRIEND (B.O.B.)—a vibrator.

BBW—Big Beautiful Women.

BDSM—umbrella term for erotic power play. Can include bondage, discipline, spanking, and certain types of fetish play. The term BDSM started online, encompassing the older acronyms of BD (bondage & discipline) and SM (sadism & masochism) and DS (dominance & submission). While the term is sexual, genital orgasm and stimulation is not its focus.

BEAR—large, mature male with masses of body hair and a fondness for other males. Used in gay porn to describe big hairy guys.

BEARD—date or marriage arranged for a person who is gay to make them appear straight. In the military, a beard is known as a stunt babe.

BEARD BURN—inner-thigh hazard for women who are receiving oral sex from men with five o'clock shadow.

BEER GOGGLES—alcohol-impaired vision that makes any potential partner look hot, often accompanied by feelings of dread in the morning.

BEAT OFF or BEAT YOUR MEAT—male masturbation; wank, jerk off, fap.

BEAVER—1. someone who attends Oregon State University. 2. refers to the female sex Organs.

BEEFCAKE—idealized nude male body in photos and drawings in muscle magazines whose stated purpose was to extol the virtues of exercise and nutrition. Tom of Finland's famous drawings were highly stylized and overtly gay versions of the beefcake.

BEN WA BALLS—a pair of metallic balls that are inserted into the vagina for sexual pleasure while the woman rocks back and forth or squeezes her thighs together; they don't work for most people.

BESTIALITY—when your sexual partner has four legs and a tail. The Spanish called it the Italian vice.



animal husbandry?

BICURIOS—someone who is interested in exploring sex with a member of

his or her own sex, but hasn't gotten around to it yet.

BIDET—oval-shaped porcelain bowl that is plumbed with a fountain of water which a person squats over to clean their genitals; found in traditional European bathrooms; can also be used for anal hygiene.

BIKINI—a type of low-cut panties or swimwear that were originally for women. The modern bikini was born in 1946. It was named after the island Bikini Atoll, which is part of the Marshall Islands in the Pacific Ocean where nuclear-weapon tests were done. It was so daring that the only model who would originally wear it was a nude dancer. It did not become popular in the U.S. until Brian Hyland's song Itsy Bitsy Teenie Weenie Yellow Polka Dot Bikini hit the charts, and women suddenly started gearing up, or down, in bikinis.

BIOLOGICAL CLOCK—a procreational urge or crisis that overwhelms some people between the ages of 35 and menopause.

BISEXUAL—person who is able to feel sexual arousal for both sexes.

BLADDER INFECTION—when bacteria with a painful kick establish residency in the human bladder; Bladder infections are more common in women than men because the passageway from the bladder to the outside of the body is much shorter, allowing bacteria easier access; cystitis.

BLENDED ORGASM—popular-culture term for an orgasm that is thought to be from both clitoral and G-spot area stimulation.

BLOOD SPORTS—extreme BDSM play where the skin is broken and/or blood is drawn, such as piercing, whipping, cutting and vampire games.

BLOW—cocaine.

BLOWBANG—oral sex version of a gang bang, giving blowjobs to several men.

BLOWJOB—oral sex that's done on a guy; hummer, give head, go down on him, fellatio.

BLOW'N'GO—a quick blow job; can also refer to gay cruising.

BLUE BALLS—a condition where a male has been sexually stimulated but not to orgasm. Sometimes hurts and is rumored to cause a blue tint to shroud the scrotum. Is easily cured by jerking off. There is no evidence to support the myth that blue balls causes physical damage. Australia: lover's balls.

BMS—baby-making sex.

BODY SHOT—when doing tequila shooters, suck the salt from whatever part of your lover's body he or she puts it on, and then suck the lime from his or her mouth. Somewhere in between, gulp down the tequila.

BODY MODIFICATION—things people do to change their bodies in primitive ways, including piercing, tattooing, branding, binding, cutting, castrating, nullification or corset training. The Rome of bod mod is www.bme.com.

BOFF or BOINK—to have intercourse.

BONDAGE—when someone gets a sexual high from that which the rest of us try to avoid.

BONE—1. a less than delicate reference to intercourse; “I boned Mia.” 2. refers to a bad situation: “Dave got caught. He's totally boned.” 3. penis.

BONER—erection; eg, girls talking in the bathroom at a high school dance: “Justin got a raging boner when we were slow dancing.”

BONEYARD—area in prisons where conjugal (sex) visits occur.

BOOT BOY— a male submissive.

BOOTH TROLL—a male who cruises for sex with other men in the booths at adult sex stores.

BOOTY—rear end, bum or caboose. Can refer to having sex, but not anal sex.

BOOTY CALL—late-night text or call for sex, often cryptic, as in “R U busy?”

BOOTY CHECK—rectal cavity search; finger wave.

BOTTOM—1. The receiver of the penis during anal intercourse; catcher. 2. A BDSM term meaning sexually submissive.

BOTTOM'S DISEASE—BDSM term for when a submissive takes the role too far.

BOTTOM SURGERY—when a transsexual has his or her genitals surgically reassigned, as opposed to top surgery which has to do with the chest or breasts.

BOXERS OR BRIEFS?—a question every guy ponders at one time or

another.

BOY SHORTS—women's underwear. Low rise briefs with the start of a leg that offer full coverage but don't look like granny panties.

BRA HOOK—no single device known to humankind has caused more men (and some women) more angst than the hook of the bra.

BRANDING— an extreme form of BDSM; when that which is done to a cow is done to a human.

BRAZILIAN—differs from a usual bikini-area waxing because it goes all the way back to the tail bone, including the sides of the labia, the perineum and the anus. The mons pubis is the wild card: it can be bald or left with a landing strip.

BREATH PLAY OR BREATH CONTROL—choking or erotic asphyxiation. When the oxygen supply is cut off during masturbation or couple's sexplay. **WARNING:** The danger of triggering a heart attack cannot be controlled or minimized, even if a cardiologist were monitoring the act.

BREEDER—a gay term for a straight person.

BREMELANOTIDE—a melanocortin agonist originally tested as a sunless tanning lotion. Imagine their surprise when male test subjects got boners instead of tans? Researchers then tried it on women, some of whom felt horny as a result. The problem was that bremelanotide caused high blood pressure when taken orally, but not when injected into the fat layer under the skin. The company who owns the patent is completing phase 3 trials and hopes to have an application to the FDA in 2017. According to one user, it won't make you want to have sex, but it will make things easier, and once things are going, it will keep them going. How will people feel about injecting the drug? This would probably not be an issue for diabetics, who are used to self injections, but for anyone else? **WARNING:** Do not use versions of this drug that are available on the Internet. On the street, bremelanotide or PT-141 has been layered with other drugs, which could cause cardiac risks.

BRO JOB—oral sex between two males who consider themselves to be straight, often alcohol aided.

BROWN SHOWERS—when being defecated upon is a sexual turn on; scat,

coprophilia, brown session.

BROWN SUGAR—a black woman who you find sexy, or to have sex with her.

BUCK WILD—rap term, meaning to have wild sex or to act crazy; *eg.* buckwildin, or this by Body Count: Get buckwild with the white freaks, show ‘em how to work the white sheets.

BUDDY BOOTH—booth in an adult sex venue where there’s a window to the next booth that has curtains and a button to raise it. This lets you watch the person in the next booth put on a show.

BUG CHASER—when someone intentionally tries to get HIV. Rare and very different from barebacking, even if the outcome is often the same.

BUGGERY—anal sex that’s done to boys in boarding schools as well as other places where men are warehoused.

BUKKAKE—a Japanese term that refers to several men ejaculating on a woman’s face at the same time. Has become its own genre of Japanese porn, and has spread into gay porn as well.

BUM—British term for rear end.

BUNK-BED SEX—an agony forced on college students and some members of the military. Sex is the main reason to avoid bunking your beds. With the way some bunk beds shake, bunk-bed-sex is like trying to shag while sitting on top of an ocean buoy. As for drunken hookups, the top bunk presents multiple hazards. If you have the bottom bunk, you’ll be the first to know each time your roommate in the upper bunk masturbates.

BUSH—refers to female pubic hair or to women’s genitals.

BUTCH—a lesbian who has adopted the male role and run with it. Formerly associated with short hair, Bermuda shorts, a T, and preferring to shop for clothes in the men’s department. It can now refer to gay women who are accomplished and have a good sense of style. The term can also refer to an exaggerated form of manliness.

BUTCH-FEMME—an alluring woman who combines the no-nonsense strength of a stone butch with the steamy make-your-crotch-throb attraction of a femme fatale. This is a woman who can ride into town on a Hog wearing tattoos

and leather, and ride out with men and women tripping over themselves to have sex with her. She blurs sex and gender boundaries, yet you would never use the word androgynous to describe her. Also refers to the community of women who describe themselves as being butches, femmes, stone butches, stone femmes, TGbutches, transmen and FtMs.

BUTT PLUG—toy for the rectum that's diamond-shaped with a Christmas tree-like base. The anus can grasp and pucker around the narrow stem, while the flange keeps the rectum from sucking the toy inside. Gives a feeling of fullness. Can be made of silicone, rubber, metal, tempered glass or acrylic and sometimes vibrates and shoots fluid.

C2C—when used as a sexual term, it means cock-to-cock, as in two men rubbing their erect penises together. Also a British train company.

CAMEL TOES—when a woman's pants, shorts or bikini bottom digs into her crotch so you can see her labia bulging along the sides of the crease.

CAMGIRL/CAMBOY—someone who broadcasts images of themselves or their living space in front of a webcam. Can range from exhibitionists to kids from Japan who spend a few seconds a day live but pull in hundreds of thousands of viewers; lifecaster; cam whore. See "Jennicam."

CAM WHORE—a person who spends hours in front of his or her webcam, sometimes with clothes on, sometimes with clothes off.

CANDIDA ALBICANS—a yeast growth or yeast infection.

CAN ENTERTAIN—term used by swingers to signify you are able to host the sexual activities at your house.

CASTING COUCH—entertainment-industry term for when a director or producer receives sexual favors in exchange for casting an actor/actress in a production or show.

CATHETER—a tube that goes up the urethra to allow urine to drain from the bladder. Is used for urethra play in certain parts of the kink community.

CAT 'O' NINE TAILS—the Mercedes Benz of flogging devices. First created by unbraiding the ropes on British Navy ships. This resulted in nine tails, which were used on the backs of British seamen as a motivational device.

CBT—cock'n'ball torture.

CERVICAL CAP—a small birth-control device made of silicone that sits on the cervix to discourage male ejaculate from entering. Smaller than a diaphragm, is generally not filled with birth control jelly, and is not as effective as a diaphragm, especially for women who have been pregnant.

CERVIX—the bottom part of the uterus that's found in the back of the vagina. It can be as small as a cherry in a woman who has not delivered a baby through her vagina, or it can be much larger. Mucous passes through the cervical opening (os) and bathes the vagina. So does period flow. Sperm that's in the vagina enters the uterus through the os of the cervix. The cervix feels softer during ovulation and its secretions change at that time, which is an important indicator for couples using natural birth control.

CFNM (Clothed Female, Nude Male)—Where male strippers walk around naked and clothed females grab their penises, give them oral sex, or have intercourse with them. Think of a bachelorette party gone wild. Can include domination and submission, and may occur in a variety of venues or situations. For CFNM websites, enter the four letters in your browser.

CHASTITY BELT—popular mythology has it that Crusaders who were leaving to fight the Pope's wars in the 1100s would lock chastity belts on their female partners to assure the women would remain true. No such devices ever existed. Male Renaissance poets in the 16th Century talked about their female lovers wearing chastity belts as a way of saying "let us be true to each other," not that any of the poets offered up a male version of the chastity belt. The first real chastity belts were created during the 1800s as crude devices to keep boys and girls from masturbating. At the dawn of the Industrial Revolution, when women were beginning to enter the work force and sexual harassment was a serious problem, some women may have devised chastity belts to help keep them from being raped or molested while in the workplace. The most popular use of chastity belts throughout history is today in the BDSM community.

CHERRY—virginal or like new. Also refers to the hymen or maidenhead.

CHEW TOY—a person you are having casual sex with, often on the Q.T.; friends with benefits or booty call.

CHICKEN & CHICKEN FOX—a chicken is a boyish-looking younger man who wants to be cruised, cared for, or paid for by an older man or chicken fox.

CHICKS WITH DICKS—a person who physically appears to be female except for having a penis and testicles. Usually a transsexual MtF who hasn't had bottom surgery or doesn't want it because he/she loves his/her penis in addition to his/her breasts, estrogen, and feminine self; she-male.

CHIGGER—a small mite that can cause reddish welts and intense itching. Chiggers are not sexually transmitted. People confuse them with scabies, which can be sexually transmitted. You usually get chiggers from walking through infested areas rather than from sex. Unlike scabies, they don't burrow into the skin and they don't drink blood. Their saliva causes a small wound in the skin, which becomes a welt. The chigger then drinks the body fluids which are in the welt. They usually drop off the skin in a couple of days. Under a microscope, they look like a small spider as opposed to scabies which look like small June bugs or sand crabs. They are not as much of a medical problem as scabies.

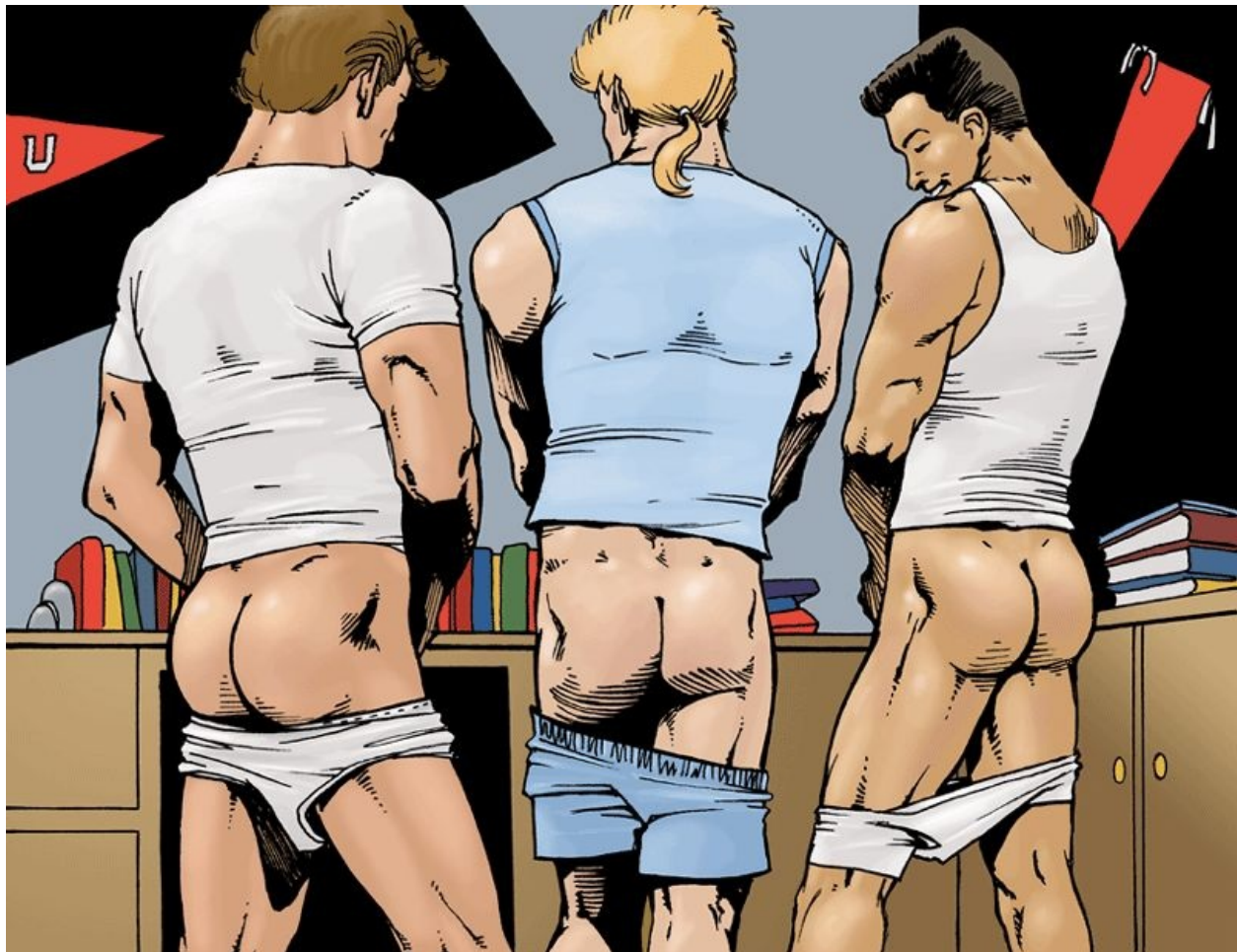
CHLAMYDIA—a sexually transmitted infection caused by a bacteria. Chlamydia infections can occur in the vagina, penis, anus or mouth. It is one of the most common sexually transmitted infections, with almost 3 million new cases in the United States each year. Chlamydia is called a silent STD because most people who have it don't have symptoms.

CHOCOLATE—one of the few acceptable substitutes for sex. Traditionally used in the wooing process, chocolate lights up the same part of the brain as heroin. May have antidepressant properties for women.

CHODE—slang term for a penis that is wider than it is long. In a different context, refers to the taint or perineum.

CHORDEE—downward curvature of the penis, congenitally caused.

CIRCLE JERK—guys masturbating together.



Circle Jerk. Boys Will Be Boys

CIRCUIT PARTY—a series of same-sex dance parties that can go on for days.

CIRCUMCISION (GOYIM)—a medical procedure where the foreskin of the penis is sliced or chopped off. Originally done in this country to prevent masturbation. There is no medical justification for routinely circumcising males.

CIRCUMCISION (JEWS)—the way a Jewish mother lets her son know who's in charge—jmw. What if Jewish males were required to wait until they were old enough to phone the mohel themselves so it could be a young man's conscious expression of his faith?

CISGENDER—gender-speak for someone who is not transgender. Cis is an

organic chemistry term which refers to a molecule with its functional groups on the same side, as would be the case for someone who is good with the gender of his or her birth. Trans means the functional groups are on the opposite sides, so the genitals you were born with don't represent the gender you feel you are.

CLAMPS—see nipple clips.

CLAP—gonorrhea. An old timer among sexually transmitted infections, can affect the genitals, rectum and throat. May cause itching, a burning sensation during urination and an unusual discharge. It is easily treated, but can do serious damage if not treated.

CLITORIS—1. Latin for darned thing was here just a second ago. 2. the only organ in either the male or the female body whose sole purpose is pleasure—which from a biological perspective might indicate that female genitals are more highly evolved than males'. 3. sometimes regarded as the Emerald City of women's orgasmic response. 4. not to be approached in haste. 5. sometimes wants to be caressed with vigor, other times can hardly tolerate being breathed upon. 6. thrives on tenderness, playfulness and respect. 7. in Ebonics, it is called a click. 8. UK slang for an aroused clitoris is a "budgie's tongue." See video on The Clitoris that was made for this book at www.Guide2Getting.com/videos.

CLITORAL PUMP—a suction device placed over the glans of the clitoris in hopes of increasing the blood flow and creating more sensitivity.

CLOCKED—when someone has identified an MtF transsexual as having been a factory-equipped male. Failure to pass; being read.

CLUSTER FUCK—army term for being in a bad situation. Also, three-way sex.

COCK-AND-BALL TOYS—harnesses that snap around the base of the scrotum to pull the testicles up and apart. Some men hang weights on them.

COCK AND BALL TORTURE (CBT)—involves being punched, slapped or kicked in the genitals as a sexual turn on. Can include being tasered in the testicles, having the scrotum placed in a vice, and having the genitals tied up until they look like they are going to pop. CBTT is Cock, Ball and Tit Torture.

COCK BLOCK—when one guy interferes with another guy's efforts to get laid. Female equivalent is called a clam jam. For the opposite, when one guy

helps another to get laid, see wingman.

COCK RING—a ring made of rubber, steel or leather that fits tightly over the base of a penis or over the penis and testicles to help maintain an erection when the mind and body are otherwise not willing, or to make the genitals appear larger. Cock rings hold shut the veins near the surface of the penis so the penile blood pressure does not escape. They are of somewhat dubious value, and should not be worn for more than 20 or 30 minutes without being taken off for a few minutes. Otherwise, there is a risk of permanent damage. In BDSM, a cock ring can be used on a submissive to denote ownership. It can also be worn as jewelry when hung from a chain around the neck. If a cock ring that is made of steel gets stuck on a swollen penis, it will require a trip to a hospital to have it removed, where they may have to call in a locksmith or welder. This is why it is best if the ring is made of rubber or leather, or if it is metal it should have a hinge for easy opening.

COCK SOCK—1. slang for a condom. 2. a gender-bending term where a woman wears dresses as a man and wears a supporter-like harness to hold a soft pack (artificial penis and balls) between her legs; see packing.

COITUS—term for sexual intercourse, taken from the root word Coit, which is the name of a phallic-looking tower in San Francisco.

COJONES—Spanish for testicles. Often misspelled as “cajones,” which means big boxes rather than testicles.

COME CUP—a device that attaches to the head of a vibrator and fits over the head of the penis. Best used with lube.

COMING TOO SOON—when a male sexual partner consistently ejaculates in a minute or less and both he and his partner are distressed that he doesn’t last longer. aka Premature ejaculation, PE or rapid ejaculation. See [Chapter 45. Premature Ejaculation: When Your Penis Has ADHD](#).

COMMANDO—not wearing underwear.

CONDOM—reverse raincoat for the penis, made of latex or polyurethane with the purpose of helping to prevent pregnancy and to decrease the spread of sexually transmitted infections.

CONSENT—see [Chapter 18. Consent](#).

CORNHOLE—refers to the anus or anal sex. Probably originated back in the day when they used dried corn cobs for toilet paper.

COWGIRL—intercourse position where the woman is sitting on top or her partner in a face-to-face orientation. If she is on top but facing his feet, the position is called a reverse cowgirl.

COWPER'S GLANDS—tiny structures near the urethra inside the base of the penis which produce the clear drops of slippery fluid known as precum.

CRABS—sexually transmitted lice that live on pubic hair and can make a person itch to the point of near insanity. Crabs have six legs, with two of them looking like the claws of a crab. They drink human blood and will often die within a day or two of leaving a person's body, as they can't survive without the body's warmth or blood.

CRACK A FAT—Australian term for getting an erection.

CRANK—speed (methamphetamine). The nasal decongestant propylhexedrine is often used to get a quick speed-like rush.

CREAMPIE—Porn-speak for when a man comes inside a woman's vagina or rectum and viewers see a close-up of the semen oozing out of the orifice. Different from the standard money shot where he pulls out and shoots semen on her body. aka “a wet deck.”

CROSSDRESSER—when a man gets joy from wearing a woman's clothes and make-up; transvestite.

CROSSDRESSER—usually refers to a man who likes to wear women's clothes.

CRUISING—a gay term for when men are on the prowl for quick sex. Cruising spots can include parks, parties, bars, baths and designated public rest rooms. These spots have increasingly been replaced by making contact on apps like Jack'd, Scruff or Grindr, and then meeting for sex.

CRUMPET—British term for a sexy woman. Also a bakery product.

CRUSH—intense romantic feelings unencumbered by the burden of good judgment.

CRYPTORCHIDISM—Greek for a hidden gonad. See undescended testicle.

CRYSTAL DICK—impotence caused by crystal meth (ditto for cocaine).

Men who use crystal as a party drug sometimes take Viagra to counter crystal dick, the combination of which can create its own health hazard.

CUCKOLD—when a female partner has sex with other men with the knowledge, approval and often the insistence of her primary partner. The primary partner gets off on the idea that she is having sex with another man or men. See “Hotwifing.”

CUM (COME)—male ejaculate, the majority of which is produced by the seminal vesicles and prostate gland. Most males produce one-half to one teaspoon per ejaculation. Varies in consistency and taste. Contains sperm, hormones, polyamines, prostaglandins, PSA and other substances. Slang terms include: Splooge, Man Chowder, Spunk, Population Paste, Manthrax, Gizzum, Jizz, Baby Gravy, Pearl Necklace, Wad, Baby Batter, Dong Water, Man Jam and Number 3. See [Chapter 6. Semen Confidential](#).

CUM SHOT—see money shot.

CUNNILINGUS—cunnus is Latin for vulva (the part of a woman’s genitals that is on the outside) and lingere means to lick. Put them together and see what you get. Has any living human being ever used the term cunnilingus outside of an academic setting? aka “muff diving,” “go down on her,” “carpet munching,” and “eating her out.”

CUNT—from the Latin cunnus, meaning external female genitals.

CUNT TORTURE—cock’n’ball torture for the BDSM-inclined woman who has everything but a cock and balls. Intense stimulation.

CUPID’S HOTEL—old fashioned term for a vagina.

CURVED DICK—a penis that curves as it gets hard, most likely due to a tight ligament. This is perfectly normal unless it causes physical pain, or becomes increasingly worse with time. Not an impediment to good sex, as one highly experienced reader said the best sex she ever had was with an Italian guy who had a curved penis. Experiment with different intercourse positions that might provide an advantage over men who don’t have a curve. If your curve is a new occurrence, see “Peyronie’s Disease.”

CUT—a male who has been circumcised. Also a weight-lifting term for muscles with good definition.

CYBERSEX—a sexual communication that can take many different forms.

CYSTITIS—see “bladder infection.”

DARKROOM—designated place in clubs, bars, baths, or at parties where men who enjoy sex with men can have sex.

DAISY CHAIN—sex involving multiple participants who are simultaneously giving and receiving oral sex.

DATE RAPE—when a woman is raped by someone she knows or someone who won’t stop after she indicates that she wants the sex to stop.

D/D—in sex-related ads, this means drug and disease free.

DELAYED EJACULATION—when a man’s sexual hang time is so long his partner can mentally complete the plot line for her new novel before he comes; aka retarded ejaculation. See [Chapter 46. Delayed Ejaculation](#)

DELIVERING THE WOOD—to have intercourse with.

DEPILATORY—cream for removing body hair.

DEPTH PLAY—liking it when a dildo placed deep inside a vagina or rectum. Requires an extra-long dildo, sometimes a foot or longer and perhaps with a special shape.

DHAT SYNDROME—an excessive preoccupation with semen loss. A somewhat common obsession in India and Pakistan where there is a believe that semen is a perfect and powerful body fluid, and that loss of it robs a man of his vitality.

DIAMOND CUTTER—the mother of all erections. It is so hard it feels like you could cut diamonds with it. Thank goodness not all erections are diamond cutters, because the pressure inside the penis gets so intense it can actually hurt.

DIAL-A-PORN—phone sex at the rate of \$2 or more a minute. Women who give phone sex work with a caller to create his favorite role-playing fantasy, often something he is too embarrassed to act out with a real-life partner. A massive source of income for phone companies; aka dial-a-fuck.

DIAPHRAGM—a birth control barrier device that holds contraceptive jelly against the cervix.

DICK FLICKS—movies with guns and violence, as opposed to chick flicks.

DICKNOTIZED—when a woman is so enamored with a man’s penis or his ability to use it that she ignores his shortcomings.

DIESEL DYKE—a manly lesbian; butch or bull dyke. Opposing terms are lipstick lesbian, diamond dyke, high femme, and femme.

DILDO—1. a penis-shaped sex toy that brings happiness. Can be used freestyle or when mounted in a harness. 2. Slang for jerk or an ass.

DILDO HARNESS—a rig with adjustable straps that holds a dildo in place at the same angle as a penis. Gives the dildo penis-like properties of suspension and thrustability, but without the maneuverability; aka strap-on.

DOCKING—when an uncircumcised male pulls his foreskin over the head of another man’s penis.

DOGGIE STYLE—intercourse from behind, not to be confused with intercourse in the behind. More popular than the missionary position in some parts of the world.

DOGGING—formalized voyeurism, common on trails where gay sex occurs. Has caught on with some straights, where couples who like to be seen having sex log onto dogging forums and announce the time and place where they will be having sex, often in their car. Spectators who show up get to watch and stroke themselves into a frenzy. Started in the UK and is still more popular there than anywhere else.

DOG’S BOLLOCKS—an expression in the UK which means “The best!” such as “Marty’s new car is the dog’s bollocks!” Also, “The mutt’s nuts.”

DOM—a dominatrix.

DO-ME QUEEN—in BDSM, a bottom whose existence revolves around getting the attention of others while giving little in return. In the entertainment industry, an actress or actor.

DORK—a whale’s penis.

dormcest or hallcest—having sex with someone who lives on the same hall or in the same dorm. Does not always turn out well.

DORMGASM—trying to stay very quiet when having sex or masturbating while your roommate is present. For roommate wanking protocol, see [Chapter 28. Playing with Yourself](#).

DOUBLE ANAL—simultaneous penetration of the anus by two penises.

DOUBLE BAGGED—wearing two condoms at once. Not a good idea.

DOUBLE DILDO—dildo that seats two. Stimulates both the doer and receiver.

DOUBLE PENETRATION—when one man's penis is in a woman's vagina at the same time another man's penis is in her rectum. Can also be two penises in one vagina at the same time.

DOUCHE BAG—1. less-than-complimentary term for someone who is being, well, a douche bag. 2. a gravity-driven device for feminine hygiene.

DOWNLOW—slang term in the black community for a gay or bisexual black man who is not out but who has sex with men. He can be married or have a girlfriend but the man-to-man sex is kept quiet so he isn't banished from the straight part of the community.

DRAG—when a man wears women's clothing.

DRAG KING—a factory-equipped woman who is dressed like a man. Judith Halberstam divides the drag kings into two groups: the butch drag king who's such a natural at it that not even the manly guys mess with her, and the femme drag king who has to work really hard at it.

DRAG QUEEN—a man who loves to dress up and become a female characters. A drag queen often refers to her female character as if she were another person: "Cynthia had a bad day and is feeling like a total bitch" or "Crystal was dressed to the nines tonight!" Drag queens tend to be a bit more boisterous about their gender identities; when you are in a room with a drag queen you often know she's there because she so loves giving life to the female character she is playing.

DRAINING THE WEASEL—when a man takes a leak.

DRESSED TO THE RIGHT OR LEFT—guys who wear boxer shorts have to decide which side of the fly to rest their genitals on. This is usually a no-brainer, since it naturally feels better on one side or the other. The term is from the tailoring world, where a tailor would inquire, "Sir, do you dress to the right or to the left?" He would then leave extra material on that side.

DRUNK DIAL (NOUN) or DRUNK DIALING (VERB)—a phone call that

would be better made while sober, or not at all. Often results in the receiver of the call finding the caller to be a pathetic ass, especially when an ex-is involved. Can refer to texting as well. Good friends do not let friends dial (or text) while drunk.

DRY HUMP—sport of young couples where pubic regions are feverishly rubbed together while both participants are fully clothed or in their underwear. Can result in chafing, irritation, orgasm or all three; frottage.

DRY SEX—intercourse where the woman tries not to lubricate, as is practiced in parts of Africa. If the woman lubricates as much as Western women, she risks having her character impugned.

DTF—down to fuck, means ready, willing and wanting to have sex. Can refer to a person, place or situation, *eg.* “I’m getting some tonight, she’s DTF” or “That’s the most DTF dorm on campus.”

DVDA—satire from the movie *Orgazmo*, stands for Double Vagina, Double Anus. Also the name of the band formed by the creators of *South Park*.

DYSPAREUNIA—a persistent or recurrent genital pain associated with sexual intercourse. May have multiple causes and can be a bear to treat. Associated terms are vulvarvestibulitis and vaginismus. [Chapter 48. Damn That Hurts! When Sex is Painful.](#)

ECTOPIC PREGNANCY—a pregnancy where the embryo implants into the wall of the Fallopian tube instead of the uterus. A very dangerous condition which can result in maternal death.

EDGEPLAY—in the world of BDSM, there’s mainstream scenes, and then there’s the edge, which refers to the edge of what is safe. People into edgeplay are willing to take the risk of serious harm and sometimes death for the rush or thrill.

ELBOW GREASE—a brand of lubricant often used for masturbation or anal play, well known in the gay community.

ELECTROPLAY—using different types of electrical current on the genitals and other body parts. Requires special equipment. Some players use the current to enhance pleasure, others use it to administer pain. See e-play.

ELLA—pill for emergency contraception. More effective than Plan B.

EMERGENCY CONTRACEPTION—let's say you didn't use birth control, or the condom broke, you forgot to take the pill for a few days, or you were raped. If you don't want to become pregnant, you have three choices: do nothing and roll the dice, have a copper IUD installed within 5 days—which will also take care of your birth control needs for the next 7 years, or take Plan B or Ella. Both Plan B and Ella work by preventing the egg from leaving the ovary. So if you take them after the egg has entered the Fallopian tubes, they will not work. Ella is more effective than Plan B, but you need a prescription for it. Plan B has been shown to be extremely safe, even if taken multiple times, but it may not work for women who weigh more than 176 pounds. People often confuse Plan B with Mifepristone which causes an abortion.

EMERGENT SEX—when cybersex occurs in games that were not designed for it. Can range from simple avatar-avatar flirting in an MMORPG like World of Warcraft to entire sexual economies in an MMO such as Second Life. While it might feel safer because it is not real life, emergent sex can take on some of the emotions that accompany real-life sex.

ENDOCRINE DISRUPTERS—see phthalates.

ENDORPHINS—hormones secreted during exercise, laughter and orgasm. These hormones are pain-relieving and share similarities with morphine. Endorphins are also secreted when the body is being stressed or when pain is applied, such as in BDSM, which is said to result in pain reduction and euphoria.

ENGLISH CULTURE—being turned on by spanking or caning.

ENURESIS—peeing in your sleep. Happens to almost as many girls as guys and can last until adulthood. This is sometimes very difficult to shake. Modern pee-absorbing underwear makes it less embarrassing.

EPHEBOPHILIA—where an older man has a sexual obsession for teens who are approximately 15 to 18 and who look young for their age. The term Lolita used to be associated with straight men who have this desire. Older gay men who are highly attracted to twinkies are said to have ephebophilia (eg. when the boy's genitals are fully adult, but his beard hasn't come in and he looks young for his age).

EPIDIDYMIS—tightly coiled tube that sits on the top and back of the testicles. It acts as a storage space where the sperm can mature; the scrotal

version of oak barrels where wine or whiskey can mellow and age.

EPIDIDYMITIS—when a man's epididymis becomes infected.

EPISIOTOMY—an incision made in the bottom of a woman's vaginal opening to increase its size so she can deliver a baby without tearing the tissue.

EPISPADIAS—where the urethra comes out the top of the penis. Related to hypospadias but different and much less common.

E-PLAY—using electricity in a way that is sexually exciting. Can be mild (e-stim or e-jo, electrical jerk off), or painful for BDSM. See electric play.

EROTICISM—state of tension fueled by sexual desire.

EROTOPHILIC—someone who enjoys sex and has positive feelings about it.

ESCORT—sex worker or prostitute, can also provide social services.

EUNUCH—man who has been castrated; is sometimes without a penis as well. Can be self-administered or done at the man's request. In past centuries, slaves and choir boys were made to be eunuchs. Eunuchs could rise to positions of influence or power, given how they were not seen as a threat to the king or emperor. In the later Roman Empire, the real power was thought to be in the hands of the Emperor's Chief Eunuch. In the Byzantine era, it was not unusual for parents to have one of their sons castrated, in hopes he would rise to a trusted position and be able to offer aid to his family members. In the modern era, parents don't have their sons castrated, but this doesn't mean they haven't thought about it.

FACEBOOK WHORE—someone who regards FB wall posts as the building blocks of life; a person who does not seem to experience his or her life unless it's posted on FB.

FACE SITTING—when a woman straddles the face of the person who is giving her oral sex; queening.

FACIAL—when a man ejaculates on a partner's face. A staple of mainstream porn. See [Chapter 33. Porndoggie's Dirty Dozen](#).

FAG HAG—a woman who primarily hangs out with gay men. She says she wants sex with straight men, yet fears intimacy with straight men or doesn't particularly like them. Some women like the term, others hate it.

FAP—term for male masturbation derived from the “fapping” sound a guy makes when he’s masturbating. Also can be used in reference to someone or something that looks hot, because they make you want to fap.

FARANG—Thai term for whites or Westerners, with Farang prostitution referring to the flesh trade that revolves around the pocketbooks of Westerners. It wouldn’t be unusual for the Thai to say “These are Farang sex tourists on a two-week shagging spree.” Related term: sexpat.

FARM SEX—see bestiality.

FAYGELEH—Yiddish term for a gay male.

FANNY—in Britain and Australia, this term refers to the vulva or vagina; in America, it refers to the arse.

FANNY MAGNET—British term for something that attracts swarms of women, “You should see his brother’s Aston Martin, a right fanny magnet!”

FAUXMOSEXUAL—man who appears gay by his mannerisms but who sleeps with women; aka “metrosexual.”

FEELDOE DILDO—a two-headed dildo that stimulates both the doer and receiver. The company makes a model with a smaller dildo end, which is often preferred by male-female couples in pegging or ‘bend over boyfriend’ situations. The model with the bigger dildo end is more often preferred when the receiver has a vagina.

FEEL UP—to stimulate a partner’s breasts or genitals with your hand; grope.

FELCHING—when a man ejaculates into a partner’s mouth, vagina or anus, and then licks his ejaculate out of whichever orifice he shot it into.

FELLATIO—from the Latin fellare meaning “that which stops after marriage.”

FEMBOT—a droid commissioned by Dr. Evil to eliminate Austin Powers.

FEMDOM—a term born from the fusion of female and domination, where a woman has control or dominance in a relationship because it fits the emotional chemistry of both partners. Femdom can be as extreme as a full-time mistress/slave arrangement including cock’n’ball torture, or only occasional role-playing and perhaps foot worship, bondage or queening.

FEMALE EJACULATION—some women squirt extra fluid as part of

having an orgasm; varies in volume and frequency. See further discussion in [Chapter 11. What's Inside a Girl?](#).

FEMALE MASTURBATION—when a woman stimulates her genitals for sexual pleasure, aka “she bop,” “diddle,” “frig,” “jill off,” “slam the clam.”

FEMORAL INTERCOURSE—when a lubricated penis slides between a woman’s labia like a hot dog would if it slid up and down a hot-dog bun.

FEMME—a lesbian or gay male who has more of a traditional feminine look. The majority of lesbians would be considered femme. Opposite is “butch.”

FENCE PAINTING—when a male porn actor performs oral sex on a woman. He sticks his tongue way out and wags it at her genitals like he’s painting a fence with it, so he doesn’t obscure the camera’s view of her crotch.

FETISH—a specific prop (eg. leather, rubber, underwear, shoes, etc.), body part (eg. feet, hair, breasts, etc.), or a scenario that a person relies on to get off sexually. The prop can be fantasized or exist in actuality. One philosopher has described a fetish as when a hungry person sits down at a dinner table and feels full from simply fondling the napkin. Aka, “paraphilia.” Nonsexual: a lucky charm or object that is believed to have special or magical powers.

FIFTY SHADES OF GREY—a book that made reading about being spanked while having ben wa balls in a woman’s vagina a popular literary pastime. Rarely does a blockbuster national best seller receive so many bad reviews from people who really wanted to like it. That’s because it was not very well written. The selling points were a leading male character who was young, great looking, brilliant, with a big dick and billions of dollars in the bank and who spent all of his time fixated on the protagonist who he enjoyed having kinky sex with. The movie version was even worse than the book. At the same time this book was a major best seller, our government was spending \$2 billion dollars on abstinence-only sex education.

FIGGING—when a peeled piece of ginger is inserted into the anus like a suppository to create a burning feeling. It is said to increase sexual enjoyment. Why figging and not gingering? The term probably comes from the 19th century expression “feaguing” which meant to put a piece of peeled ginger up a horse’s butt which caused the horse to march with its tail held high. This was a popular practice among mounted military regimens.

FIGMO—military term meaning “fuck it, got my orders;” used when someone wants you to do something but you are already occupied.

FIST FUCKING (FISTING OR HANDBALLING)—placing a fist into the rectum or vagina, hopefully with lots of lube, practice and relaxation. It can be a male fist or a female fist, but if you hold the average male hand against the average female hand, some people might prefer the woman’s hand. The term is a misnomer, since the hand goes in with the fingers extended and fingertips bunched together rather than in a fist. However, once it’s inside, all bets are off.

FLAMING—1. term for a very effeminate male. 2. An extreme and perhaps pointless argument in a chat room or forum; aka “flaming out.”

FLAPPER—term used to describe a sexually liberated woman during the 1920s who flaunted her unconventional approach to life. Has also come to embody a style of fashion that flappers wore during the 1920s.

FLIP & FUCK—a cheap fold-out chair made of large foam cushions that easily turns into an imitation futon. Handy to use for sex in college dorm rooms and student apartments.

FLOG THE LOG—to masturbate or fap.

FLUFFER—a person who keeps male porn stars erect when they are not on camera. Fluffers aren’t used nearly as much these days, as erections in porn are often aided by the use of Viagra.

FORCED MILKING—in BDSM, where a male is made to ejaculate repeatedly.

FORDYCE SPOTS—tiny yellowish or white bumps on the scrotum, shaft of the penis, labia, and nipples that occur when sebaceous or oil-producing glands get clogged up. Fordyce spots aren’t filled with pus like a zit might be, but they do start to form during puberty when testosterone kicks the sebaceous glands into high gear. These little bumps can give the skin a plucked-chicken look. Fordyce spots are not contagious and are not caused by a sexually-transmitted infection.

FORESKIN—A sensitive flap of skin that extends from the shaft of the penis over the glans to keep the latter moist and safe. Allows the penis to glide more easily during intercourse, and makes lube less necessary for masturbation and

hand jobs. The part of the penis is removed during circumcision. See the video “A Woman’s Guide To Men’s Foreskins” at www.Guide2Getting.com/videos.

FORNICATION—intercourse between people who are not married.

FOUCAULT—a French philosopher who philosophized about sex among other things. One of the things Foucault believed: Once the church decided we needed to confess our sins to a priest in order to save our souls, we needed to find ways to put our sins into words. And so we started describing sex, with words that made it seem sinful, and this gave governments and religions ways to regulate it. As a result, sex became a way of having power over someone, even in intimate relationships. (Unless you’ve got Red Bull or Rockstar handy, Foucault can quickly induce sleep.)

FRAZIER—manliest lion to ever live in captivity; once had intercourse more than 160 times in three days. Died shortly thereafter.

FREEBALLING—when a guy isn’t wearing any underwear, aka commando.

FRENCH—term for oral-genital sex, not to be confused with French kiss, although one often leads to the other.

FRENCH KISSING—kissing with mouths open as opposed to closed. Usually involves transfer of tongues (in the nonbiblical sense); aka “to suck face.”

FRENCH TICKLER—a condom that has bumps, projections or ridges that are marketed to increase a woman’s sexual pleasure. Some women like these, while others say they cause discomfort.

FRENULUM—an extra sensitive part of the penis that’s just below the head on the side of the shaft that’s away from the body when a penis is erect.

FRESHMAN 15—urban myth that college freshmen put on 15 pounds their first year. Research shows it’s actually two to five pounds.

FRIENDS WITH BENEFITS (FWB)—see “fuck buddy.”

FRIG—British for jerk off; wank, five-against-one.

FROG KISSER—person who believes that she can turn a loser into a winner.

FROT—gay term for when aroused males rub their erect penises together; C2C, bone-on-bone.

FROTTAGE—see dry hump.

FSD—stands for Female Sexual Dysfunction.

FUCK BUDDY—friend or acquaintance who you have sex with occasionally or often. While the sex might be serious, the relationship is not, or not in an exclusive way; aka hooking up and friends with benefits.

FUN AND GAMES—in the swinging lifestyle, a term that refers to having sex.

FURRY—someone who is fascinated by the idea of animals having human qualities, like being able to talk or having a body that is a blend of human and animal qualities. There is an entire furry community with websites like furdia.com and conventions where people dress up like their favorite animals. There is furry art and furry fiction. Do not assume that people who are furies are into furry sex. That is only a subset of furies. See yiff.

GAFF—panties for crossdressers made from tightly woven spandex. They help keep the genitals tucked so the bulge doesn't show. The penis is pulled back between the legs, and the testicles are pushed into the inguinal canal leading into the abdomen, which is where they descended from just before birth.

GANG BANG—when a woman enjoys having intercourse with several men in rapid succession, at her invitation. This is something that some women who are in the swinging lifestyle can do without much fuss.

GANG BANGER—member of a street gang. Has nothing to do with sex.

GAPE or GAPE SHOT—the flower of Gonzo Porn, where the camera does a close-up interior shot of a woman's anus right after anal intercourse. The hallmark of the gape shot is that the woman's anus is still open and male ejaculate is dripping out of it. Can be of a vagina as well. See Gonzo Porn.

GENDER-BENDER—person of one gender who has become, is becoming, or fantasizes about being the other gender or a combination of genders. Requires a fluid sexual identity; see transgendered.

GENDER DYSPHORIA—when the genitals you have and the genitals you wish you had are not the same. May lead to taking feminizing or masculinizing hormones of the desired gender, and sometimes sex-reassignment surgery (SRS).

GENDER FUCK—mixing and matching gender attributes, such as wearing a

lacy bra with an athletic supporter, having a beard and wearing a dress, or wearing a hard hat with high heels. A watered-down version is when women first began wearing frilly dresses with Carhartt boots or Doc Martens. But this has become a part of mainstream fashion and is no longer a gender fuck.

GENDERQUEER—when the normal definitions of male and female don't quite do it for you. Has become a blanket term for all things having to do with gender and transgender.

GENITAL ACNE—a condition caused by the eruption of small glands on the labia and scrotum called apocrine glands. Looks like zits, but isn't really.

GENITAL BEADING—a form of body modification where beads are implanted under the skin on the shaft of the penis.

GENITALS—the part of yourself that you play with under the covers; in the UK, the term bits is often used, especially for female genitals.

GETTING OFF—coming or having an orgasm; getting your rocks off.

GFE—stands for The Girlfriend Experience, which is when an escort or sex worker goes that little extra and acts like a girlfriend for the night, including kissing, hugging and holding hands. BFE is The Boyfriend Experience.

GIVE HEAD—to perform oral sex; a blow job. Usually refers to performing oral sex on a male, but not exclusively.

GLANS—head of the penis. There is also the glans clitoris.

GLORY HOLE—a crotch-high hole in a partition between two enclosed areas that a man can stick his penis through to have it sucked or played with, or the other person on the other side can look through the glory hole to watch what the first guy is doing with his penis. Located in places where gay men cruise: the baths, video booths, some public rest rooms. Can also be used for anal sex if the giver is long enough. Origin of the term might be from British ships, where a glory hole was a small storage space between decks where treasure or unwanted items were hidden or stored.

GLORY-HOLE PROTOCOL—one shouldn't just stick his penis through a glory hole and hope for the best. He might try looking through it first. If the person on the other side is hard and stroking, he should then poke a finger through. If a finger from the other side returns the gesture, it's time to play ball.

Or he might stroke his own penis as a sign of availability until a guy on the other side bites. All is nonverbal. There is no room for small talk in glory hole cruising.

GOATSE—one of the most famous memes in Internet history; an Internet shock site that housed the infamous Hello.jpg which shows the rear end, dangling penis and testicles of a skinny man who is spreading his anus wide. Very wide. Very, very wide. Put a flashlight beam up that man's gaping butthole and you could see the roof of his mouth.

GOBBY—Australian term for blow job. “She gave me a killer gobby.”

GO DOWN ON—to perform oral sex on.

GOING COMMANDO—wearing no underwear.

GOLDEN ENEMA—a kinky enema where “the nozzle” is a man's urinating penis.

GOLDEN DOUCHE—a kinky douche where “the nozzle” is a man's urinating penis.

GOLDEN SHOWERS—peeing on or being peed on as a sexual turn-on; aka “water sports.” Also a tree of the legume family that's native to India whose Latin name is *cassia fistula*.

GONAD—sex gland, nads, wank tanks, testicles or ovaries.

GONZO PORN—a style of adult movie making that intentionally looks low budget and over the top. It is filled with close-up shots and has even more sex and fewer attempts at cheesy plot lines than traditional porn. The actors are often brash, enthusiastic and playing to the camera. The camera angle is frequently from the male point of view (aka “POV porn”). The term Gonzo is associated with Gonzo journalism which was known to be over the top and in your face. One of the more unfortunate twists of Gonzo porn is that it has become particularly disrespectful and violent toward the female actors. Names often associated with Gonzo porn are directors Seymore Butts and John Buttman Stagliano.

GRAMP STAMP—tramp stamp on someone who is forty or older.

GREEK—usually refers to anal intercourse.

GRINDR—GPS-based social networking app to locate the nearest willing

gay or bisexual penis. Plenty of no-shows.

GROMMET—a rookie surfer or surf rat who often substitutes gumption for intelligence and hyperactivity for poise. Sex is a matter of concern and mystery for the young grom: What does one do? For how long? Is it all right if I don't get completely naked?

GROT SITE—a term used in the UK for a porn site. In the UK, grot is similar filth, but not quite as strong. In the same way you could say that something is dirty, you could say it's grotty.

G-SHOT—a medical industry scam where a woman is given a shot of collagen in what they claim is her G-spot to somehow make it bigger and miraculously increase her sexual pleasure. What if it causes long-term damage inside of your vagina?

G-SPOT—an area on the roof of the vagina which, when stimulated once a woman is sexually aroused, can result in increased sensation for some women. For others, not so. See [Chapter 11. What's Inside a Girl?](#)

G-STRING—about a fourth of a bikini bottom.

GUICHE—piercing on the male perineum (between the scrotum and anus).

GUSHER—term for when a man has an orgasm at the same time that his prostate is being stimulated. The feeling can range from spectacular to annoying. Can also refer to female ejaculation.

GYNECOMASTIA—when males appear to be developing breasts. Happens to about 20% of boys during puberty and usually goes away in two years. A frequent side effect in men who are using performance enhancing drugs.

HANDBALLING—see “fist fucking.”

HAND JOB—bringing either yourself or a partner to orgasm with your hand.

HAPPY ENDING—if you are in Thailand receiving a massage and your masseuse asks if you want a happy ending or han-mei, smile and say, “Yes, please!” and remember the Guide To Getting It On in your prayers.

HARD-ON—when the penis becomes erect; getting wood, a tent in your trousers. Dr. Dre might say, “Ya dick's on hard.” In the UK: stiffy or pitch a tent. In Australia: crack a fat.

HAVING IT OFF—British slang for having sex, “My roommate and his

girlfriend were having it off while they thought I was asleep;” aka, “Have a naughty.”

HEBEPHILIA—when an adult man is sexually attracted to pubescent children and teens who are roughly between the ages of 11 to 14. This is different from pedophiles who are attracted to younger children. While some men are both pedophiles and hebephiles, they usually are in one camp or the other, with the majority of incarcerated offenders being hebephiles. A hebephile who cherishes 11-year old boys might find little arousing about the same boys at age sixteen, and nothing arousing about young children. Either way, hebephile or pedophile, it’s seldom a choice. Research is showing there are specific issues with the brain that predisposes a person to have these desires.

HENTAI—animated Japanese pornography. Includes Japanese cartoon porn or graphic novels in the anime, manga, or doujinshi forms. Hentai can be described as anime with all female orifices occupied by large penises. Massive breasts that are unaffected by the forces of gravity are obligatory. In Japanese, hentai means pervert or abnormal. See “anime” and “tentacle sex.”

HERMAPHRODITE—A misleading term that is hopefully going out of usage. See “Intersex.”

HERPES—a virus that is transmitted through sexual contact including intercourse, oral-genital contact, and rubbing naked genitals together. Seventy percent (70%) of new herpes cases are transmitted by someone who shows no obvious symptoms. Most genital herpes symptoms are mild. They are easy to miss. Go to www.Guide2Gettin.com and put “herpes” in the search area for a more reasoned discussion of herpes than you’ll usually find elsewhere.

HERSHEY HIGHWAY—refers to anal sex or specifically to the anus or rectum.

HETEROFLEXIBLE—a person who identifies as straight but is not beyond the occasional same-sex hook-up after having enough beers.

HICKEY—love bite resulting in a bruise. A source of embarrassment for some, a badge of honor for others. For how to hide a hickey, see [Chapter 3. Kissing](#).

HIPSTERS—low-rise briefs that offer full coverage without looking like granny panties. Close cousin to boy shorts. Hipsters stop higher on the thigh

while boy shorts have the start of a leg. Materials range from cotton to lace.

HIRSUTISM—male-pattern hair growth in women.

HIT A HOME RUN—to have intercourse.

HOBBYIST—slang term for a man who likes to visit prostitutes and makes it a lifestyle. Prostitution is referred to as the hobby and the men prefer to be known as hobbyists. One of the more famous websites for hobbyists that rates escorts in different cities is www.TheEroticReview.com.

HO CAKE—rap term for vagina.

HOOCH—illegal liquor. A hut or shack, often where a prostitute or sex worker lives. Also slang for vagina.

HOOCHIE MAMA—2-Live Crew demonstrated the versatility of hoochie derivatives in their song Hoochie Mama, which is a whimsical evaluation of a woman's sexual charms as well as sexual excesses. Historically, the hoochie coochie was a type of belly dance that became a cultural phenomenon during the late 1800s. It was associated with sexual allure.

HOODED CLITORIS—when the hood of the clitoris is either bonded to the surface of the clitoris or does not retract easily. This is not uncommon, and it frequently causes no problems. If it makes sexual enjoyment difficult, speak to a gynecologist. Surgery should be avoided if at all possible, as the results are not always good. If surgery is recommended, get a second or third opinion.

HOOKING-UP— can refer to anything from making out or having casual sex to meeting a friend for coffee. When it's casual sex or a one-night stand, the sex is usually without high expectations and neither party has immediate plans to become emotionally involved with the other. Alcohol is generally the foreplay.

HORNY—having sexual urges. The term in Australia is randy.

HOSE MONKEY—a fond term for a fireman.

HO STRO—rap term which means whore stroll, which refers to a street or neighborhood where hookers work.

HOT COFFEE MOD—an interactive mini-game that allowed players of Grand Theft Auto: San Andreas to go inside with CJ when a woman invited him “to have coffee” which was a euphemism for having sex. Without the mod, players could only hear lovemaking sound effects. This mod created a huge

scandal and public outrage in 2005, which is amazing considering how technologically crude the portrayal of sex in the mod was. Games that were focused on killing and blowing people up never got congressional panties in a wad, but a single crude portrayal of sex in a game and US senators began lashing out at the entire industry.

HOT-PILLOW TRADE—slang used in the hotel business for guests who rent rooms just for sex, usually by the hour; aka hot sheet hotel. It's best when the parking lot is not visible from the street;

HOTWIFING—when a man and his partner get off by the fantasy or reality of her having sex with other men. He either watches, listens, or has sex with her afterward while she tells him the details. Can include him orally tidying her up while the other man's trail is still fresh.

HPV—human papilloma virus; a virus that lives in the flat cells on the surface of the skin and on the moist mucosal membranes in the body. These include the urethra (pee-hole), vagina, cervix, penis, anus and throat. There are at least 120 types or strains of human papilloma virus. While many of the HPV strains cause no symptoms, others can cause warts, like the warts people get on their hands and feet, or on their genitals, anus and thighs. Some of the HPV strains can cause cancer.

HUMAN VITAE—the Catholic Church's master plan for semen. This encyclical by Pope Paul VI says that every act of intercourse must be open to conception. Sex that can't result in conception is wrong, including oral sex, intercourse with birth control, and masturbation. There appears to have been an exemption for priests who have sex with boys.

HUNG—refers to a male whose sex organs are bigger than most. Also, an HBO series about a financially-strapped teacher with a large penis who rented his sexual services to women.

HUSTLER—male prostitute, usually gay; aka rent boy, joy boy or escort.

HYMEN—a small collar or ring of tissue located just inside the opening of the vagina where the vulva and vagina meet. The hymen is made from two different kinds of embryonic tissue, with one side being sensitive to testosterone and the other being sensitive to estrogen. As a girl approaches puberty and her body produces more estrogen, her hymen becomes more elastic. After puberty,

the hymen often becomes more like an o-ring or a collar of tissue rather than a barrier. Researchers often have trouble distinguishing between the hymens of teenage girls who are sexually active and the hymens of teenage girls who are still virgins. The hymen can bleed during a first intercourse if it isn't fully estrogenized (elastic enough) or if the lovemaking is clumsy. Hymens do not become worn down due to athletic activity. While the hymen may become less prominent with age, it never goes away. See [Chapter 13. The Hymen](#).

HYPOSPADIAS—a developmental anomaly where the urethra does not go all the way to the end of the penis, but exits on the lower shaft. See [Chapter 8. Hypospadias](#).

IMPOTENCE—when a man can't get it up on a regular basis, or can get it up most of the way but it isn't rigid or hard enough for intercourse, or he gets an erection but it doesn't hold; aka, erectile dysfunction or ED.

INCEST—sex among immediate family members or blood relatives.

INCOMPETENT CERVIX—when a cervix is weakened and can't hold the fetus in the uterus to term. No doubt, the term was created by a male.

INDOOR SPORTS—swinging or group sex.

INFIBULATION—the process of piercing the male foreskin or female labia and installing jewelry to prevent sexual intercourse.

INTERSEX—term for a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't fit the typical definitions of female or male.

INTERSTITIAL CYSTITIS—pain or discomfort in the pelvis that is related to the bladder. Symptoms often include a persistent urge to pee or the need to pee frequently. The cause or causes are not known. It is also called painful bladder syndrome, as the urge to urinate can feel extreme and can be accompanied by spasms and pressure. People with interstitial cystitis can have pain while urinating, while driving, and while having sex. In men, ejaculation can be painful. People with this disorder are often very depressed as a result, in part due to the pain and discomfort, and in part because it causes incredible interference in their lives.

JACKING OFF—when males stoke their genitals in ways that cause

pleasing sensations. Other terms include jerking off, choking your chicken, beating your meat, wanking, fapping, masturbating, cranking the shank, blowing your load, dishonorable discharge, flogging your log, massaging your muscle, pud whacking, rubbing one out, playing with yourself, sending out the troops, spanking your monkey, stroking it, five-on-one, and a date with Mrs. Palmer and her five daughters.

JACK‘N’JILL PARTIES—gatherings of sexually uninhibited men and women who attend in their underwear and masturbate in front of each other. A by-product of concern about AIDS.

JADE STALK—Chinese Taoist term for penis.

JANEY—lesbian slang for vagina.

JELLY ROLL—jazz term for female genitals.

J-LUBE—a powdered lube that veterinarians mix with water to help them slide their hands up the vaginas and rectums of livestock. Is said to work great for fisting, anal sex and for jerking off, except for how a 1,100 lb horse will drop dead within a few hours if very small amounts of J-Lube get into their peritoneal cavity. Beware.

JOCKSTRAP—jog bra with only one cup.

JOHN—someone who pays a sex worker or prostitute for sex, aka a trick.

JOHNSON—old-fashioned term for penis.

JOHN THOMAS—British term for penis; also old fella.

KEGEL EXERCISES—genital aerobics. When a person squeezes or contracts the muscles surrounding his or her genitals in a way that would stop the flow of urine and then they totally release the muscles. Some people claim these exercises will fix almost any problems related to the pelvis and sex. The research does not always support these claims. Kegel exercises can help a person become more aware of genital sensations, and some people find they result in stronger orgasms. They can also be helpful for certain types of incontinence and for improving vaginal and male genital tone. Kegels have never been proven to help nonorgasmic women. Do not do Kegels if you are experiencing vaginal or pelvic pain without an evaluation by a pelvic pain specialist. Kegels can make some problems worse.

KINK—beyond vanilla.

KINSEY AVERAGE—about two-and-a-half minutes. The amount of time sex researcher Alfred Kinsey estimated it took the average American male in the 1950s to ejaculate during intercourse.

KNICKERS—British for panties.

KNOCKED UP—pregnant.

KNOCKING BOOTS—rap term for having intercourse; with boots meaning booty, and knocking referring to the slapping sound a man's hips make when hitting a woman's thighs while having intercourse doggie style. Can also mean anal sex. See lay pipe.

KY JELLY—a brand name of a water-soluble lube that has historically been used to help increase the slip'n'slide coefficient during intercourse.

LABIA MINORA—the inner lips of the vulva. They attach to the glans of the clitoris. The labia minora can stretch, they contain nerve endings, they swell when a woman is sexually aroused, and are sexually reactive.

LABIAPLASTY—cosmetic surgery of the inner labia. Usually unnecessary, except to increase the cash flow of the physicians who perform it.

LAD MAGS—an almost dead genre of men's wanking magazines.

LADYBOYS—term for transsexuals in Cambodia.

LANDING STRIP—when the pubic hair over the mons pubis is shaved or waxed in such a way that all that remains is a small rectangle.

LAPAROSCOPY—visual examination of the ovaries, Fallopian tubes and uterus with an instrument that's inserted just below the navel.

LAWRENCE V. TEXAS—2003 Supreme Court decision declaring it constitutional for two men from Texas to have oral sex in the privacy of their own home; ditto for anal penetration. If you have ever been anywhere in Texas besides Austin, you will appreciate the magnitude of this decision.

LAY PIPE—rap term for having sex, *e.g.* “I lay pipe with all the lonely bitches while da husbanz hard at work.” How thoughtful. Also: to freak, bag up with, bag up bitches, get busy.

LEG SPREADER—1. a bar with ankle cuffs on each end that keeps a

woman's legs spread open; aka spreader bar. 2. a type of mixed drink, although no two recipes for this drink are even remotely the same; often includes some or all of the following: Bacardi 151, Wild Turkey, Jack Daniels, tequila, vodka, sweet vermouth, and a cherry.

LESBIAN—woman who prefers sex with women.

LESBIAN BED DEATH—the lesbian equivalent of when straight couples are married, have kids and are both working full time.

LIBIDO—what Freud said is the fuel for our desire to make an emotional connection with others; he did not limit the term to erotic feelings or sexual desire, although that's how it is usually used today.

LICHEN SCLEROSUS—a chronic inflammatory disorder of the skin that affects women far more often than men, usually impacting the vulva and greater crotch area but also the breasts and upper arms. The exact cause is unknown.

LINGAM—Sanskrit term for penis.

LIPSTICK LESBIAN—feminine-appearing woman (in a traditional or stereotypical sense) whose sexual partners are other women; high femme.

LONG FLANNEL NIGHTGOWN—one of the most effective birth-control devices.

LOSING YOUR V-CARD—losing your virginity. Please see [Chapter 36. Bye Bye V-Card—Losing Your Virginity.](#)

LOVE—a very special way that we have of relating to one another.

LUCKY PIERRE—a gay or bisexual term, referring to three-way sex, with Lucky Pierre being the man in the middle.

LUG—Lesbian Until Graduation.

M2M—1. means man-to-man. Is used to signify same-sex attraction or sex between men. 2. M2M stands for machine-to-machine, which in telemetry systems means data-sharing or sex between two machines.

MAGIC WAND—Hitachi's contribution to women's sexual pleasure; has a large round head and vibrates like a Federation freighter at warp 9.

MAINTAIN—1. cream or spray for the penis to numb it out and supposedly help it last longer during intercourse. 2. what you try to do when parents or

authority figures are present.

MAN'S SHIRT—object of male clothing which girlfriends lay claim to and love wearing, especially to bed. The feel and smell of it provides comfort.

MAP OF TASMANIA (TAZZY)—dated slang in Australia for women's genitals.

MASOCHIST—a person who invites pain and passively controls others in the process; bottom or submissive. The term masochism was coined by Havelock Ellis and named after Leopold Von Sacher-Masoch, a nineteenth-century author who begged his wives to whip and humiliate him. An ideal day for Leopold began with a good whipping; otherwise, he struggled to get into a productive groove.

MASTURBATION—a date with your own genitals.

MATANUSKA THUNDERFUCK—an herb with a distinctive, burning-rope smell that is sometimes used to enhance the enjoyment of sex. Grown in Alaska's Matanuska Valley, an area known world wide for its legendary herb production as well as being home to the town of Wasilla.

MDMA—ecstasy.

MEAN QUEEN—a drag queen who is into BDSM.

MEATOTOMY—a form of body modification where the penis is sliced in half.

MENAGE A TROIS—a threesome. See [Chapter 40. Threesomes.](#)

MENSTRUAL CUP—a soft, flexible container made of medical grade silicone or latex that is inserted into the vagina to collect menstrual flow. It looks somewhat like a small, upside down funnel, although the stem is not hollow and the body of the cup is more rounded than a funnel. A menstrual cup forms a seal against the wall of the vagina which allows it to collect the flow. Unlike a tampon which absorbs the vagina's natural secretions in addition to period flow, a menstrual cup holds only period flow until it's removed and washed out. So it won't dry out a vagina like tampons can. There are different kinds of menstrual cups, such as the Lunette, Diva, Moon Cup, Lady Cup, Femmecup, Miacup Keeper and Pink Cup. Each has a slightly different length, softness, stem, rim and color.

MERCY FUCK—intercourse done from a sense of duty or pity rather than burning desire.

MERKIN—wig for the pubic area; supposedly originated in past centuries to hide syphilis lesions.

METEROSEXUAL—men who would be heterosexual if they weren't so in love with themselves; dudes who wax, accessorize, and use enough body products to fill a landfill; mirror men.

MILE-HIGH CLUB—to have had sex in a plane while it is airborne.

MILF—acronym for a Mother or Mom I'd Like to Fuck, which is when a guy has lust in his heart for a PTA mom, a soccer mom, *etc.* The term was popularized by the first American Pie movie where John Cho's character said it in reference to Stifler's mom who Finch lost his virginity to, but its first official use may have been in 1990 in Motorbooty Magazine.

MISSIONARY POSITION—an intercourse position where the partners are horizontal and face to face, usually with the man on top. The term was possibly coined by savages who saw missionaries using this position when they were having sex.

MISTRESS—the other woman. Also, BDSM-speak for dominatrix.

MONEY SHOT—a cornerstone of mainstream porn, where the male unloads a wad of white splooge somewhere on his partner's body; cum shot.

MONILIA—type of vaginal yeast infection that can cause a woman to have a thick discharge, extreme itching, and painful intercourse.

MONS PUBIS—fleshy mound at the top of the vulva where pubic hair grows.

MONTGOMERY NODES—small bumps that form on the nipples after puberty, especially prominent when you feel a chill or are sexually aroused.

MORNING-AFTER PILL (Plan B)(ELLA)—see emergency contraception.

MOTHER FIST AND HER FIVE DAUGHTERS—British masturbation term; the equivalent American term is Rosie Palm and her five sisters. In Australia, it's Mrs. Palmer and her five daughters; aka five on one.

MOUSE POTATO—person whose whole social life occurs online.

MTF—transgender term, means male to female, or changing physical appearance from male to female. The order designates which way the sex is changing, as FTM would be a bio-woman changing sex to become male.

MUFF DIVING— going down on a woman; lip service; eating out; cunnilingus.

MUMMIFICATION—a BDSM practice where the individual is wrapped tightly like a mummy with plastic wrap or other materials for immobilization.

MUNCH—social events in the swinging and kink communities where no sex occurs. These meetings allow people who are interested but not active to meet with experienced members of their respective lifestyles. They also allow regular members to meet in a neutral environment that does not include overt sex play.

MYSPEACE WHORE—Myspace? A historical term demonstrating the always changing nature of social media.



The Cold War. It's Back Again!

NAPPY DUGOUT—slang for female genitals. Nappy refers to the pubic hair, and the dugout is the recessed part of a baseball stadium where the players sit. In rap, this term refers to what a woman will do sexually, *e.g.* “Those hos give up the nappy dugout.”

NASCA—the North American Swing Club Association. One R short of going to the races.

NATURAL FAMILY PLANNING (NFP)—a form of birth control that uses various means to determine when it is safe to have intercourse with a lower risk of pregnancy, including examining the cervical mucus. NFP is a fertility-awareness method used by people who abstain from intercourse during a woman’s fertile period. This differs from other forms of fertility awareness where couples use barrier methods of birth control during their fertile period. When used correctly, can be fairly effective.

NATURIST VS. NUDIST— in the US, a naturist would be a birdwatcher. In the UK, naturist means nudist, with a different type of pecker being observed.

NIPPLE CLIPS—variation of a roach clip that is placed on the nipples as part of sex play. Can apply varying degrees of pressure, depending on the type of clip used. Used by people who like to “have their titties tweaked” although some like to use them on their labia or scrotum. There are many styles, including vibrating and electrified nipple clips. Aka, nipple clamps.

NOCTURNAL EMISSION—when a male has a sexual dream that includes ejaculation; aka wet dream. A lot of men don’t have wet dreams, with most occurring during the mid-or late teenage years. There is no reason why a sex dream has to include an ejaculation, as plenty are dry.

NONOXYNOL-9—active ingredient in most contraceptive foams and jellies that renders the male ejaculate infertile by changing its pH. Can increase the chance of getting an STI, as it can irritate vaginal tissues. Spermicides are not as effective for birth control as was once thought. Oral ingestion will most likely not kill you.

NSU (NONSPECIFIC URETHRITIS)—common infection of the urinary tube.

OFF PREMISE—a place where swingers meet socially but don’t have sex; aka a social.

ONANISM—masturbation, named after the Bible's Onan who spilled his seed (pulled out and came on the side). However, it seems that Onan was using the withdrawal method of birth control rather than masturbating, although it's unlikely they knew what withdrawal was back then.

ONE-EYED—in the UK and Australia, slang terms for the penis often begin with one-eyed, such as one-eyed trouser snake, one-eyed pant python, one-eyed willie, *etc.*

ON THE OTHER BUS—British term meaning a person is gay.

ON THE RAG—historical term for having your period. Before tampons and sanitary napkins were invented, rags were used to catch menstrual flow.

OPEN MARRIAGE—when people who are legally married agree to have sex with others outside of the marriage. A consensually nonexclusive relationship.

OPEN SWINGING—having sex with others in the same room as opposed to “closed door” which is one couple per room.

ORIENTATION PLAY—a BDSM term for when individuals are made to perform sexual acts not customary for their sexual orientation, *eg.* two straight women or two straight men being ordered to have sex with each other.

OTPHJ—stands for Over-The-Pants-Handjob.

OUTING—a process where gays publicly expose gays who aren't out of the closet. Sometimes done in a petty and nasty way to slap down a gay person who remains in the closet, sometimes done to show the straight world that some of its biggest stars are really gay, and sometimes done to expose anti-gay public figures who are gay. Used in a positive way when referring to your own person, as in “I outed myself to my family and friends, and couldn't believe they weren't surprised.”

PACKING—when a woman who is crossdressing wears a penis-shaped object in her pants to make it look like she is well hung. More realistic when made of a soft material rather than silicone, which is why a good packing device usually does not make a good dildo. See Pee Cock.

PANDERING—legal term for pimping.

PANTY DROPPER PUNCH (JUNGLE JUICE)—date rape punch that is

made with one intent and one intent only: to get women drunk enough to have sex with anyone. Often will be a combination of Everclear 151 or 190 proof pure grain alcohol and sweeteners such as Kool Aid, fruit juices, and Punch concentrate. Can also include gin, vodka and rum. The goal is to have the punch as sweet as possible to cover up any taste of alcohol. Women should NEVER have the punch at any party where guys are trying to get laid. They should have a been instead where they are the ones who remove the top or pop the lid and never let it leave their hands, or they should take their own container with a lid and fill it themselves with beer from a tap, or with water and tell everyone it's the punch or beer.

PAPERVINE— drug injected into the penis that causes it to get hard; for ED.

PARAPHILIA—kinky stuff. See fetish.

PASS—when someone who is transexual or transgender is able to be in public without being clocked, which means people don't recognize you are not the sex of your birth. You'll know you pass if someone holds the rest-room door open for you without giving it a second thought.

PDE5 INHIBITOR—short for phosphodiesterase type 5 inhibitor, aka Viagra, Cialis, Levitra or Stendra. Works by inhibiting cGMP specific phosphodiesterase type 5, which is an enzyme that regulates blood flow in the penis. Was originally a drug created to treat hypertension. It's most interesting off-label use to date, other than by porn stars, has been by track and field athletes, and not just the pole vaulters. Athletes, including professional football players, are using it to increase blood flow to the lungs and muscles. They call it Vitamin V.

PEE-COCK: a realistic looking prosthetic penis for female-to-male transsexuals. Allows the user to pack, pee and play: it looks like a man's penis for packing, the user is able to pull it out and pee through it when standing in a men's rest room, and an erection rod can be inserted to make the pee-cock worthy for sexplay.

PEARL NECKLACE—coming on a woman's chest.

PECKER CHECKER—1. a man or woman who likes to glance at men's crotches. 2. In the armed forces, a medic who performs short-arm inspections.

PEDERAST—man who has sex with older boys or young men; chicken fox.

PEEING WITH A HARD-ON—a misery inflicted on the human male in the morning, though much worse when he's a teen. Peeing with a hard-on is a difficult act to achieve because the passageway to the bladder is closed off when a male gets an erection. And even if you can pee when your penis is erect, what do you do — a toilet plank? Stand back three feet and hope the stream ends up in the bowl?

PEGGING—when a woman who is wearing a dildo in a harness does a man in the rear. The winning term for the act as selected by Dan Savage's readers. Aka bend over boyfriend.

PELVIC INFLAMMATORY DISEASE (PID)—inflammation of the female reproductive organs, often the Fallopian tubes, usually caused by a bacterial infection.

PENIS STUFFER—see sounds.

PEP OR POST-EXPOSURE PROPHYLAXIS—taking antiretroviral medicines after being exposed to HIV to help keep from being infected (eg. after barebacking or the condom broke). PEP must be started within 72 hours after a possible exposure to HIV, but the sooner you begin taking it, the better. According to the CDC, every hour counts. Must be taken for 28 days. PEP is effective in preventing HIV, but it's not 100%.

PERINEUM—the area between the anus and genitals in men and women. The perineum is twice as long in males as in females. Aka taint. Referred to as the anogenital distance.

PERIOD PANTIES—underwear that women reserve for when they are having their periods. These are often no longer a woman's favorites, or they can be budget wear. Some women wear dark panties during their periods, so they don't have to worry about stains.

PERSISTENT GENITAL AROUSAL DISORDER (PGAD)—when a woman's genitals are physically aroused or engorged for hours or days, but she does not feel sexually aroused and is distressed by the situation. Having sex with a partner or masturbating provides little or no relief for PGAD. PGAD is poorly understood. Possible causes might include Tarlov cysts on the spine, restless leg syndrome, pudendal nerve neuralgia, affective disorder, obsessive-compulsive

disorder, and discontinuing SSRI antidepressants.

PEYRONIE'S DISEASE (PD)—a condition that results in a curving or bending deformity of the penis. It can range from mild to so severe that intercourse is not possible and there can be pain with erection. PD results from plaques forming on the tunica albuginea of the penis. This creates scar tissue that prevents that side of the penis from expanding during erection, causing curvature during erection. (Think of putting a piece of tape on one side of a long balloon, then blowing it up.) Most PD patients are between 45 and 65 years of age, with the average onset occurring at 53 years. The causes of PD are not fully understood and there is no approved treatment. Treatment options and success often depend on the stage and severity of the PD. While there is spontaneous repair in some cases, these are in the minority. Men with serious cases are often clinically depressed, “feeling like a freak.”

PHTHALATES—a class of chemicals that cause genital abnormalities in the fetus (aka endocrine disruptors). They are added to plastics to make them more flexible. Phthalates are used in a massive range of products, from baby bottles and detergents to shower curtains, glues, and jelly rubber sex toys. Phthalates can cause the distance between the scrotum and anus to be shorter in boys who are born to mothers with higher levels of endocrine disruptors in their bodies. This causes the male's anogenital distance to be more like that of a female, indicating that the male's genitals may not have been as fully masculinized as nature intended. Infertility is more common in men with a shorter anogenital distance. Phthalates and endocrine disruptors pose a huge environmental hazard, including concern that they are contributing to a lower birth rate of males, an increase in undescended testicles, and they are a possible cause of autism.

PIERCING—placing jewelry, a safety pin or facsimile through a person's nose, lip, nipples, navel, genitals, *etc.* A form of body mod. See [Chapter 60. On Needles and Pins: Piercings, Tattoos & Sex](#).

PINK PEARL—pink, bullet-shaped vibrator; can be inserted into the vagina.

PILLOW BITER—refers to anal sex, or when receiving anal sex is painful.

PISTON SHOT—in porn, when the camera is doing such an extreme close-up you can see the woman's inner labia slide in and out with each stroke of the penis; related terms: gyno shot and P&P (pimples & penetration).

PITCHER—partner who is doing the insertion in anal sex; top.

PIT JOB—intercourse using the armpit as a vagina.

PLAN B—see emergency contraception.

POCKET POOL—rubbing the testicles or penis when a male has his hands in his front pockets. It often looks like a guy is doing this when he's got his hands in his pockets and is rubbing coins or his fingers together.

POLYAMORY—when a relationship involves more than two people, with the consent of everyone involved. Polyamory is a broad term which can include group relationships, or it can be a single person who chooses to have multiple relationships without an agreement of monogamy. The relationships often include friendship, love, and emotional commitment in addition to sex.

POLYCYSTIC OVARY SYNDROME (PCOS)—a hormone imbalance that can result in irregular periods, unwanted hair growth, acne, extra weight gain, baldness, and patches of dark skin on the back of a woman's neck and inner thighs. Nearly 1 of every 10 to 20 women have it, and it tends to be especially common in young women. Cases can be mild or severe. Researchers still don't know what causes PCOS, but they suspect insulin resistance may play a role. The symptoms of PCOS start when a woman's pituitary makes too much leutinizing hormone (LH) and/or her pancreas makes too much insulin. This causes her ovaries to make more testosterone than her body needs, which helps explain the extra acne and body hair. Too much testosterone can also cause cysts in ovaries. These aren't so much cysts as they are immature follicles which started to develop but stopped before they could release an egg. The most common treatment for PCOS is the birth control pill, which lowers testosterone in a woman's body, as well as diet and exercise. PCOS is also associated with diabetes and obesity, and can result in making it difficult to conceive. Consultation with an endocrinologist who specializes in PCOS is highly advisable.

POLYMORPHOUS PERVERSE—kinky

PON FARR—the Vulcan mating cycle, which causes logic to crumble and the normally stoic Vulcan to become an emotional mess. See Star-Trek sex.

POONTANG—word of dubious origin that refers to a woman's genitals, or of having had sex with a woman.

PONY BOY—BDSM-speak for a man who pretends to be a horse while his master or mistress rides him, sometimes with crop in hand. There are specially made halter gags, pony tail butt plugs and leather pony-feet trainers for pony boys and pony girls. Pony training is BDSM-speak for schooling a submissive.

POP A COD—to seriously injure a testicle.

POPPERS—popper vapors are inhaled immediately before orgasm with the resulting sensation described by some as amazing and indescribable. One problem with poppers is that the current formulation can kill you if you have hidden heart problems. It is especially dangerous to combine poppers and Viagra, as both lower blood pressure. Some people feel that popper usage might weaken the immune system, but there's no research on the matter. Some poppers are sold over the counter as a liquid air deodorizer. Poppers were originally made of amyl nitrate (which is for heart patients). The formula was switched to butyl nitrate because the amyl formulation could no longer be legally sold over the counter. When butyl nitrate was outlawed, popper makers switched the formula to a type of isopropyl alcohol which is fairly dangerous, but legal nonetheless. Poppers are very popular in the gay community.

POSER PORN—refers to 3-D adult erotic animation. Some of the first and best software for creating 3-D erotic animation was Poser from Curious Labs, and this is how the entire genre came to be called Poser Porn or Renderotica; see adult graphics community or www.Renderotica.com.

POV PORN—a type of porn that is filmed from the male actor's point of view. The camera is either placed behind the male actor or he holds the camera while performing. Allows the viewer to imagine he's the man.

PRECUM—slick, clear fluid that drips out of the penis when it is excited. Precum is made by the Cowper's glands. Most people assume it is nature's own sex lube. It also helps to neutralize or deacidify the urethra to make conception more likely. Precum makes the walls of the urethra more slick so ejaculate has less resistance. It also helps the foreskin slide more easily over the head of the penis. Some men make so much precum it's hard to tell when they've come; others make very little precum.

PREP OR PRE-EXPOSURE PROPHYLAXIS—a combination of antiretroviral medicines that is effective in preventing HIV for people who are at

high risk for getting HIV and who take it as directed. It is highly recommended that PrEP be used with condoms. The brand name for the most effective version is Truvada. See PEP.

PREPUCE—the foreskin.

PRIAPISM—an erection that won't quit. Having an erection for more than four hours straight can result in permanent penis damage. Emergency room visits should be planned accordingly. Priapism usually has little to do with sexual arousal. Priapism is named after Priapus, son of Aphrodite and Dionysus, god of male reproductive power. It can occur in boys between the ages of 5 and 10 (causes include leukemia, sickle-cell disease, and physical injury), as well as in older males, where causes can range from black-widow spider bites to bicycle riding injuries, drugs, disease, or a kick in the crotch. In many cases, the cause is not determined. There are two types of priapism, low-flow and high-flow. It is important to diagnose which type it is, as this can help determine proper treatment and follow-up. Low-flow priapism is often more dangerous than high-flow priapism. In some types of priapism, the glans or head of the penis is not erect, though the shaft is.

PRIMARY ORGASMIC DYSFUNCTION—when a woman is able to feel sexually aroused or sexually excited, but has never been able to have a satisfying orgasm, either from masturbation or with a partner. See secondary orgasmic dysfunction.

PRINCE ALBERT—male genital piercing where the ring goes in through the urethra and comes out on the underside of the penis. Named after the husband of Queen Victoria, who allegedly had it done so he could strap his well-endowed penis to his leg to keep it from showing through the tight-fitting trousers that were in fashion. But this is probably more rumor than truth. Queen Victoria never mentioned it in her state papers. See [showerhead effect](#).

PROMISCUOUS—term used to describe a person who is having more sex than you, often said with a tone of moral superiority.

PROSTATE—walnut-shaped gland located on the floor of a man's rectum nearly a finger's length up his bum. It generates about 30% of the fluid in each ejaculation. The prostate contracts seconds before orgasm, resulting in fine sensations. It enlarges with age, sometimes making it difficult to pee. Some men

(straight, gay—it doesn't matter) enjoy the feeling that results from having the prostate rubbed; others would sooner die. See [Chapter 10. The Prostate & Male Pelvic Underground](#) and [Chapter 6. Semen Confidential](#).

PROSTATITIS—an inflammation of the prostate gland, often resulting in swelling or pain. Prostatitis can result in four significant symptoms: pain, urination problems, sexual dysfunction, and general health problems, such as feeling tired and depressed. Less than 5% of cases of prostate pain are from infection. The problem often isn't in the prostate itself, but from the tissues and muscles that surround the prostate. For more information, see www.prostatitis.org.

PSA—abbreviation for prostate specific antigen, which is made by the prostate and helps liquefy semen after it's been ejaculated. The liquefying action of PSA is what makes male ejaculate drip out of a woman's vagina after intercourse, as well as contributing to the wet spot on the mattress. PSA tends to be elevated in men who have prostate cancer. Can be checked via a routine blood test, but is never definitive by itself. PSA is present in very small amounts in breast milk and amniotic fluid. PSA is also what Southwest Airlines used to be called. See the [Chapter 10. The Prostate & Male Pelvic Underground](#) and [Chapter 6. Semen Confidential](#).

PUDENDA—anatomical term for women's external genitals (vulva); from the Latin word pudere, which means to be ashamed.

PULLING A TRAIN—see gang bang.

PUNANNY—rasta or reggae term for sex; “I wan’ punanny!”

PUNK—1. a prison term for a submissive and often younger male who is on the receiving end of anal sex. The punk is seldom in the relationship because he is gay or because it is his choice. 2. a term adopted in the late 1970s to describe a movement within rock'n'roll. Punk bands had a rougher and more immediate edge than mainstream bands.

PUSSY POSSE—1. the vice squad. 2. a group of entitled white males.

PUSSY WHIPPED (PW)—where the male grovels and begs in excess of what is normally required to have sex.

QUEEF—a vagina fart. Consists of room air that's trapped in the vagina, so

“fart” refers to the sound as opposed to the smell.

QUEENING—when a woman straddles a man and rubs or grinds her vulva into his face; face sitting.

QUIM—British term from the 1700s for a woman’s genitals.

RANDY—Australian term for horny.

RAPE—sexual bodily assault. Most rapists don’t view their acts as being criminal or brutal and are apt to justify themselves by saying the woman wanted it, needed it or deserved it. There are men who commit rape and an hour later go home to have what appears to be normal sex with their wives. See [Chapter 18. Consent](#).

RAPE FANTASY—a common fantasy where a person is aroused by the thought of being raped, but would rarely want it to happen in real life. The rapist in rape fantasies is often (but not always) someone the victim would like to have sex with. A person having a rape fantasy is in control of her or his fantasy, while a real rape victim has no control at all.

RAW DOG IT—to have intercourse without protection; bareback.

REACH AROUND—when your partner is behind you and reaches his or her arm around you to give a guy a handjob or to stimulate a woman’s clitoris. Is often done while having doggie style intercourse or anal sex.

REAM JOB—licking the anus; rimming, reaming, tossing salad. Also what a conscientious plumber does to the inner lip of a pipe that’s just been cut.

RED WINGS—what a man is said to earn when he’s performed oral sex on a woman who is having her period. Also the name of Detroit’s team in the National Hockey League.

RENDEROTICA—see adult graphics community, poser porn or visit www.renderotica.com.

RENT BOY—a male prostitute, usually gay, but sometimes straight.

REPARATIVE THERAPY—in the early 1900s, the testicles of straight men were transplanted into the scrotums of gay men with the goal of helping the latter become heterosexual. Today, conservative Christians attempt to do something equally as bizarre. They call it reparative therapy.

RETARDED EJACULATION—when a man’s sexual hang time is so long

his partner can mentally complete the plot line for her new novel before he comes; aka delayed ejaculation. See [Chapter 46. Delayed Ejaculation](#).

RETROGRADE EMISSION—when an ejaculating penis backfires, with the semen going into the bladder. Can be caused by prostate problems, diabetes, MS, spinal-cord injury, neurological wiring issues, or because a man clamps the end of his penis shut when he's masturbating. Intentionally doing this should only be done in the most dire of circumstances unless a man wants to end up at the doctor's office doubled over in pain and having to answer some really embarrassing questions.

REVERSE COWGIRL—intercourse position where the female is on top, facing the man's feet. Since the woman is on top and facing south, she can watch her partner's toes curl with delight and she might get to see his testicles rise up and hug the shaft of his penis when he begins to ejaculate, or she can reach down with her hand and massage them. This is a good position for a woman to play with her clitoris or use a vibrator during intercourse.

RIMMING (RIM JOB)—kissing ass, literally; ass-blowing, tossing salad.

RING TOSSING—when a woman's NuvaRing comes out during sex or while she is having a bowel movement. The good news: a NuvaRing can be out for three hours with no decrease in effectiveness. Longer than that, put it back in and check with your healthcare provider ASAP.

ROAD ERECTION—a spontaneous erection that happens to a guy who is sitting in a vehicle that vibrates (bus, car, tractor, etc.). It is caused by a combination of the vibration, which sends extra blood into the penis, and sitting, which tends to shut the veins that carry blood out of the penis.

ROAD HEAD—blow job while driving.

ROMAN CULTURE—refers to swinging and group sex.

ROOFIES—date-rape drugs such as rohypnol, sometimes GBH, and perhaps ketamine and Ambien. While definitely a reason for concern, the drugs involved with way more date rapes is alcohol and sometimes pot. So if harm reduction dollars are in short supply, the focus should be on helping to prevent sexual coercion while a woman is drunk or stoned. See panty dropper punch.

ROID RAGE—impulse control issues that are thought to occur in some

people who take steroids and performance enhancing drugs.

RU-486—the name given to mifepristone when it was in its testing phase; a drug that causes an abortion if taken within 49 days of conception.

RUBBERS—a dated name for condoms. Before the invention of latex, condoms were made of vulcanized rubber, and so the name “rubbers.”

SADOMASOCHISM—when one person submits while the other dominates; when partners find an imbalance in power in a relationship to be erotic. Aside from psychiatric situations where there truly is sadism or masochism, the idea that one person is totally dominant and calls all of the shots is dated in today’s BDSM scene. There is more equality and agreement in the BDSM scenarios that couples act out.

SAME-ROOM SEX—when two couples (or more) have sex in the same room.

SANGER, MARGARET—(1883-1966) famous birth-control advocate at a time when dispensing information about birth control was illegal in America.

SAPPHO—poetess on the island of Lesbos. Sappho’s name has been synonymous with lesbian love. There is debate about whether she was really gay.

SAFE WORD—BDSM-speak for a prearranged word or gesture that means to stop or to ease up.

SAUSAGE FEST—an event or gathering where the men greatly outnumber the women; a brodeo.

SAVAGE, DAN—highly intelligent American author and journalist, creator of the world’s most popular sex advice column “Savage Love,” co-creator of the “It Gets Better” project for LGBT youth, and former editor-in-chief and now editorial director of one of the nation’s best and few remaining alternative weekly newspapers.

SCABIES—small mites that burrow under the skin, causing a rash that appears approximately a month after infestation. Since it takes a month for symptoms to form, it is likely that other family or living-group members are infected and require treatment. Should be treated by a physician; be sure to follow instructions carefully. Since scabies can’t live away from human skin for

more than 24 hours, you don't need to nuke your carpets and surroundings. However, do wash your clothes and sheets at the time of treatment. Scabies look a little like beach crabs when magnified. See chigger, which is a mite of a different kind.

SCAT—when brown is a turn-on and the phrase “Look at that sexy shit!” means just that; coprophilia.

SCHLONG—Jewish term for penis.

SCISSORING—a sexual act where two women rub their vulvas together. Technically speaking, it's when two women's bodies are pointing in opposite directions with their vulvas rubbing together in the middle—as if the women's open legs are two open pairs of scissors that are being pushed together at a slight angle; tribadism or tribbing

SCUMBAG—a derogatory term for a person, implying they are like a used condom. (Scumbag is what people used to call a spent condom).

SECONDARY ORGASMIC DYSFUNCTION—when a woman has been able to have orgasms in the past, but is unable to currently have orgasms although she is able to feel sexually aroused and excited. There can be numerous reasons, from illness to a change in partners.

SEMEN ALLERGY—an immune response against allergens contained in male ejaculate. Symptoms include vaginal burning, swelling and itching occurring approximately ten minutes after intercourse. While not rare, not overly common. Can develop right away, or suddenly after a few years with the same partner. The allergy is often to a partner's semen and not necessarily to all men's semen. To differentiate from chronic vaginitis, a couple should use a condom to see if the symptoms stop. (They should use a polyurethane condom, as a latex allergy could mimic semen allergy symptoms.) Aside from a complete gynecologic exam, diagnosis should include intradermal testing, where a tiny bit of the semen is injected under the woman's skin. Treatment under the supervision of an allergist or immunologist can include a graded challenge where dilute solutions of semen are placed in the vagina every 20 minutes until she can tolerate undiluted semen. The couple has to have intercourse at least once every 48 hours to maintain the desensitization. As is the case with food allergies, the semen allergy might go away as fast as it came.

SERIAL MONOGAMY—sounds like a dangerous criminal activity when it actually means getting married, then divorced, then married again.

SERODISCORDANT—a relationship where one partner has HIV and the other doesn't.

SEX BEFORE THE GAME—refers to masturbating or having sex fewer than twenty-four hours before taking part in a sports event. There is probably no correlation between sex before the game and decreased athletic performance as long as the athlete has gotten a full night's sleep. As Casey Stengel said: "It isn't sex that wrecks these guys, it's staying up all night looking for it."

SEX DREAMS—nature's way of making sleep more interesting.

SEXILED—to be kicked out of your room while a roommate is having sex.

SEX-ON-THE-BEACH—a mixed drink with as many different formulations as there are intercourse positions.

SEXTASY—refers to when people combine ecstasy and Viagra; aka trail mix. Ecstasy is hard on erections, so Viagra is used to help a guy keep it up while he's on ecstasy. No one knows the long-term effects of this combination or what's really in the ecstasy or Viagra that you get on the street.

SEXTING—using mobile devices for foreplay or taking pictures of yourself and forwarding them to a lover or potential partner.

SEX WORKER—can be a prostitute, but now includes anyone who helps other people get off: phonesex and cam-sex providers, erotic dancers, sex surrogates, *etc.*

SEXUAL ORIENTATION—refers to whether you are turned on by your own sex, the other sex, or both. If it's the same sex, your orientation would be gay or homosexual; if it's the other sex, your orientation would be straight or heterosexual, and if it's both sexes, your orientation would be bisexual. There can be other considerations, such as a guy who is turned on by both factory-equipped women and by MtF transsexuals who still have working penises, but the most common orientations are straight, gay or bisexual. Men tend to be more category specific in their sexual orientation, meaning they are mostly interested in either women or men but not both. Many women, on the other hand, can find both men and women to be sexually interesting—but this doesn't mean the

woman is bisexual or gay.

SHAGADELIC—vintage Austin Powers, meaning someone who you find to be sexually attractive. Variation: “She shags like a minx, baby!”

SHAKE 'N' BAKE—to have sex; to do the wild thing.

SHE-MALE, or HE-SHE—a transgendered person who started off life as a factory-equipped male and has transitioned into being female except for still having a working penis.

SHOCK DOC—a popular brand of a cup, which is a device men wear to protect their genitals from dick-high line drives, bad hops, flying elbows, lacrosse implements, MMA kicks, *etc.* Which cup you wear depends on the sport and your position in that sport, for instance a goalie or catcher is looking for protection over mobility, where a shortstop or attackman is going to value mobility, as will someone in the martial arts.

SHORT-ARM INSPECTION—military term for examining an enlisted man’s penis. Supposedly for the detection of sexually transmitted infections.

SHORT HAIRS—pubic hair.

SHOT MY WAD—ejaculated; came, popped, splooged or blew a load.

SHOWERHEAD EFFECT—when a piercing such as a Prince Albert or an apadravya goes through a man’s urethra, it tends to make urine spray like a showerhead instead of flowing in a stream. This can make peeing while standing a mess, with the solution being to pee while sitting down. A man with this type of piercing will tend to ooze rather than shoot when he ejaculates. See Prince Albert.

SISTERS OF PERPETUAL INDULGENCE—a spirited, benevolent organization of drag queens who delight in taking the convent out of conventional.

SIXTY-NINE (69)—when two people perform oral sex on each other at the same time. When French people do 69, they call it *soixante-neuf*.

SIZE QUEEN—a woman or gay man who prefers male partners who are extremely well-hung.

SKIN FLICK—historical term for porn movies before there was streaming video.

SKYPE SEX—when geography gets in the way of having sex in person, couples can use Skype, Facetime, Snapchat, Vine or whatever to not only say sexy things to each other, but to see each other doing sexy things.

SLASH—type of fan fiction where male TV and movie characters have sex with each other, *eg.* Spock & Kirk, Starsky & Hutch, and Harry & Snape. Fem Slash is a sub genre focusing on female characters, such as Rizolli & Isles, Xena & Gabrielle, Janeway & Seven-of-Nine.

SLOPPY SECONDS—having intercourse when you are not first in line.

SLUT SHAMING—criticizing a woman for enjoying sex or for being sexual. Done as often, if not more often, by women who are being mean to other women than by men to women.

SMEGMA—cheesy stuff that forms beneath the foreskin and under the hood of the clitoris. Calling someone smeg is an insult.

SNAP-ON TOOL—slang term for a dildo that some women wear in a harness.

SNOWBALLING—when a man swallows his own ejaculate after it's been elsewhere; *eg.* he ejaculates in a partner's mouth while receiving a blowjob, and then he kisses his partner and his partner transfers the ejaculate back into his mouth. The snowballing effect is apparently caused by an increase in volume when the semen is mixed with saliva.

SOAPY TIT WANK—thrusting a penis between a woman's well-lubricated breasts while one of you pushes her breasts together.

SODOMY—any sex act that is declared illegal by local statute. In some areas, it can be oral sex or regular intercourse, in others, just anal sex.

SOFT SWINGERS—a couple who has most kinds of sex with others except for intercourse, which they only do with each other.

SOUNDS—medical instruments used to help dilate the urethra. Used in urethra play or penis stuffing. There are different types of sounds with different shapes, including the Pratt, Van Buren, Hegar, Hank and Dittel.

SOUTHERN COMFORT—sex with someone from the south.

SPANISH FLY—alleged aphrodisiac made from powdered blister beetles. Causes severe irritation of the bladder and urethra. Can be very toxic. Women

have died from it. The effect is not dissimilar to drinking Drano.

SPASM CHASM—a vagina.

SPECTATORING—sex therapist-speak, describes when a person is worried or obsessing about his or her sexual performance instead of being able to enjoy having sex. Can result in performance anxiety.

SPIT ROASTING—in a threesome, when the person in the middle is on all fours and is being penetrated from behind while sucking on the penis of the person in front. When viewed from the side, it gives the appearance of a chicken on a two-penis rotisserie.

SPLASH CONCEPTION—getting pregnant from anal sex, after semen oozes out of the woman's anus and drips into her vagina.

SPLIT BEAVER—historical porn magazine term for a photo of a woman's crotch as she was spreading her legs.

SPLOSHING—smearing yourself or a partner with wet and gooey things such as raw eggs, paint, or mud as part of a fetish or sexual turn-on. Became a bit popular in the late 1980s in the UK, growing out of the wank mag Splosh! A related term is: WAM or wet and messy. Does not include excrement, which is a fetish of a different smell and color.

SPREADER BAR—see leg spreader.

SRPE—Sleep-Related Painful Erections—waking with painful erections. This understudied problem may occur more often than is reported, and can result in serious pain and loss of sleep. Daytime erections are not painful for men who have this problem. That's because sleep erections and waking erections are governed by different parts of the brain, and it appears that painful sleep erections may be the result of spasms or ischemia. Oral baclofen currently appears to be the experimental treatment of choice, but that may change when more is learned about SRPEs.

SSRIs—a class of overly prescribed antidepressants which include Prozac, Zoloft, Paxil, Luvox, Celexa, Lexapro, Effexor, Serzone and Remeron. According to the Journal of Sexual Medicine, any person who has been given a prescription for an SSRI should be warned that there is a high probability of sexual side effects while on SSRI medications. In an unknown number of cases,

the side effects may not resolve and could be potentially irreversible. Not to be taken lightly.

STAR-TREK SEX—Denobulans practiced polygamy. Each Denobulan had three partners, and each of these had two other partners. Denobulans were liberal about sex, with sex occurring during Denobulan mating cycles. Deltans were so highly sexed they were forbidden from having sex while in Starfleet. Deltan sex was such an intense activity that a member of another species who had sex with a Deltan could go insane as a result. Vulcans were ruled by strict logic except every seven years during *pon farr*, which was the Vulcan mating cycle when a Vulcan lost all emotional control. Klingons: There is not a single thing about Klingon sex that could ever be described as gentle.

STONE BUTCH—A lesbian with stereotypical male gender role behavior; as described in Leslie Fineberg's book *Stone Butch Blues*.

STONEWALL—refers to the 1969 Stonewall Riots, when New York City police raided a gay bar in Greenwich Village and large numbers of gay people resisted arrest. A landmark event in the gay-rights movement, where epochs of time are divided into pre-Stonewall and after Stonewall.

STRAP-ON—abbreviation for strap-on dildo.

STUNT BABE—a woman who poses as a gay soldier's girlfriend at military events and whose picture he keeps on his desk.

SURFER—person who has sex with waves.

SWEET DEATH—a dated term from the French "*la petite mort*" that refers to orgasm or the release that comes with orgasm.

SWING LOW—rap term for oral sex.

SWINGERS—couples in committed relationships who enjoy having sex with a variety of sexual partners.

SWITCHES—people into BDSM who enjoy alternating between the top and the bottom roles.

TAINT—the area between the genitals and anus, slang for "taint his balls or ass," or "taint her vagina or ass;" see perineum.

TAR BEACHES—in cities, the rooftops of buildings where people do things like sunbathe, grow plants, make out, or shoot up drugs.

TEA-BAGGING—when a man lowers his testicles into his partner's mouth.

TEDDY—women's lingerie that is a combination of tank top and panties, sometimes snaps at the crotch, often made of silk, lace, acetate, or leather.

TENTACLE SEX—the full name is Tentacle-Hentai Sex, where monsters and octopuses wrap their penis-like tentacles around the bodies of surprised female Hentai characters, who then experience the kind of intense sexual sensations that any woman might if an octopus slid its slimy tentacle inside of her vagina... See Hentai.

TEXAS TWO-STRAP—a type of dildo harness.

TEXTILE—term that nude sunbathers sometimes used for a person who wears a bathing suit.

THE EXCLUSIVITY TALK—when you've spent the past month texting your new lover more than everyone else combined, it's time to consider taking your relationship to the next level, going from casual to committed. The conversation for that to happen is known as the exclusivity talk.

THE GAY SEAT—the empty seat that teenage boys and college bros leave between them when they are in a theater, given the social and emotional dangers of sharing an arm rest.

THIGHBROW—when pubic hair sticks out from the sides of a bikini or thong.

THONG—a narrow piece of material that passes between the legs and threads through the butt cheeks where it attaches to a waistband. Different types of thong include the G-string or T-back, which are the underwear equivalent of dental floss, the Tanga, which has more material in the seat, and the Rio which has straps on the sides. Thongs can be a zipline for bacteria from the anus to easily hop into the vagina.

THREESOME—sex between three people, often two women and a man or two men and a woman. See [Chapter 40. Threesomes](#).

THRUSH—infection caused by candida (yeast) or monilia fungus. Women can get it in their vagina, men and women can get it in their mouth and throat, and men can also get thrush in the head of their penis, but not very often. (This is different from jock itch, which is caused by a different kind of fungus or by a

bacterial infection.)

TICKET—a woman who a guy in the swinger’s lifestyle invites to go with him to swinging events so he can get in, because single males aren’t usually allowed into swinging events. Such a woman is known as a ticket. This is seriously frowned upon.

TIJUANA BIBLES—pornographic pulp parodies that were popular in America from the 1920s until after World War II. These 8-page booklets were printed on cheap paper and often found themselves in the knapsacks of soldiers and schoolboys. These crudely illustrated booklets (approximately 4” by 6”) often poked fun at actors, politicians, and public figures. They were irreverent, usually humorous, and always dirty, featuring sex-starved characters from Popeye and Donald Duck to baseball heroes, with their pants down and penises proud.

TIPPED UTERUS—the uterus usually lies horizontally over the bladder. When it points in various angles upward or toward the back, it is said to be tipped. This is a normal variation that occurs in 20% to 30% of women. It can make rear entry or doggie-style intercourse uncomfortable. See [Chapter 11. What’s Inside a Girl?](#)

TOOTHING—a hoax created by two journalists claiming people were using their Bluetooth devices for hooking up with strangers. No one in the media questioned it. They reported it as fact, and it became part of modern urban legend.

TOP and BOTTOM—a top is someone who prefers doing, and a bottom is someone who prefers having it done to them. In anal sex, the bottom is the one who is on the receiving end.

TOSS or TOSSING SALAD—licking a lover’s anus, aka rimming.

TOSS OFF—UK term for masturbating, to toss off.

TOXIC SHOCK SYNDROME—a very rare and sometimes lethal infection caused by the toxin of bacteria (can be a staff or strep). Mainly associated with use of the ultra absorbent Rely tampon, but can also result from burns, skin wounds and surgery.

TRAINED WOOD—when a man can usually get an erection on cue. A

necessary requirement of male porn stars. Viagra is often used as an aid.

TRAMP STAMP—a lower back tattoo that rides on the pants line. It peeks out when the owner—usually a woman—wears low-rise jeans and/or a cropped T-shirt. Tramp stamps are often v-shaped and point downward. Designs range from flowers, butterflies, dolphins and tribal art to unusual symbols and geometric art.

TRANNNY—1. slang for someone who is transsexual, transgendered or in drag. Considered by many to be an offensive term, but still celebrated by some in the drag queen community. 2. that which helps give automobiles their go. 3. a dinosaur with short arms and nasty teeth.

TRANSGENDERED—when the sex you were born with is different from the sex you want to be. People who are transgendered challenge notions of what it is to be male and female.

TRANSSEXUAL—person who uses surgery, makeup, electrolysis, and hormones to correct mother nature's assignment of sex or gender.

TRANSVESTITE—see crossdresser.

TRIBADISM—two women rubbing their vulvas together, resulting in sexual pleasure; aka tribbing.

TRICK—customer of an escort or prostitute; aka John. Can also be a sexual act as done by a sex worker, as in turning a trick.

TRIPLE PENETRATION—porn-film term for where there's a wealth of penises and only one taker; triple play.

TROLL—when someone gets on the Internet and posts messages that are designed to enrage people, such as posting cat-meat recipes on a pet-lover forum. To those who respond, the reply will sometimes be YHBT.YHL.HAND which means you have been trolled, you have lost, have a nice day.

TROPHY WIFE—a physically stunning woman who is the ultimate corporate, political, or entertainment-industry wife. The relationship between a trophy wife and her husband is sometimes consensual parasitism. Sexually speaking, it's possible some trophy wives feel sensation between their legs, but this is frowned upon because it might result in sloppy decisions when selecting a mate. Trophy wives view wealth, power and security as the ultimate orgasm, as

do the men who bed and wed them.

TUBAL LIGATION—female sterilization where the Fallopian tubes are sealed.

TUBES—free websites that are aggregators of porn content. Some of the better known tubes are pornotube, xtube, pornhub, redtube, xhamster and spankwire. A lot of the videos are pirated, but some are from genuine amateurs who get off from posting and having fans. Porn tubes have drastically changed the way porn sites operate. It used to be porn viewers expected to take a short free tour and then have to subscribe with a monthly fee. Now, it's possible for millions to see porn for free, with the price they pay subsidized by ads, links, an endless stream of pop-ups, and countless viruses placed on viewers' computers.

TURKEY DUMP—when a freshman in college comes home for Thanksgiving and breaks up with his or her high-school partner, or any breakup that happens soon before or during the Thanksgiving break.

TWINK—a young and cute gay male who appears to be somewhat helpless or is not the brightest bulb in Boystown. While twink used to be white and without body hair, the category is now being broadened. Twink and twinkling are also video gaming terms that have nothing to do with sex.

UHSE, BEATE—a giant German porn and erotica chain founded and run by Beate Rotermund, a formerly destitute woman who, with her young son, stole a plane and cleverly escaped the Russians as they were pulling into Germany at the end of World War II. She funded one of the finest museums of sexuality.

UM-FRIEND—according to the people at Boston Poly, this is a person no one else knows you are having sex with: “This is Dan, my-um-friend.”

UNCUT—not circumcised. See [Chapter 7. Fun With a Foreskin](#).

UNDERWEAR SWAPPING or TRADING—in Japan, there is such a large market for unlaundered teenage girls' underwear that the legislature outlawed the sale of used underwear by teenagers. Japanese teenage girls could go to small stores called burusera and sell their soiled knickers for \$20, \$30 or more per pair (the more fragrant or soiled, the higher the price). In other parts of the world, some gay men are into briefs swapping, and some college women have learned that if they create the right online presence, they can sell their soiled panties to horny straight guys.

UNDESCENDED TESTICLE—testicles are not formed in the scrotum, but in the abdomen. Before birth, they usually descend into the scrotum. About 3.5% of the time, a testicle doesn't descend into the scrotum, so the boy is born with an undescended testicle. The majority of undescended testicles self-correct on their own during the first year. Aka, cryptorchidism which is Greek for hidden gonad.

UPSKIRTING—a camera or phone shot up the dress of an unsuspecting woman. Upskirting is supposedly carried out by men carrying hidden phones or mini-cams in bags. However, if you do a Google search of upskirting, the first hundred or so results are for news reports on upskirting rather than the thousands of alleged websites where men are posting upskirt images. Either way, you get a better view at the beach, and it's consensual instead of creepy.

URETHRA PLAY (U.P.)—stimulating the urethra by sticking something up it, usually with instruments called sounds and occasionally a catheter. According to Foz at Fozzie's Den, there are three types of UP persons: probers who do it just for the feel of something in their urethra, stuffers who want to stick the thickest possible rod down their penis to stretch it out, and plungers who want to go deep, past the prostate and into the bladder.

URETHRAL SPONGE—a tube of tissue that cushions and protects the female urethra. See [Chapter 11. What's Inside a Girl?](#)

VAGINISMUS—tightness in the vagina that causes discomfort, burning, pain, penetration problems, and often an inability to have intercourse. The muscles surrounding the opening of the vagina can close so tightly that they won't allow anything inside, including a tampon. Can have many causes. See [Chapter 48. Damn That Hurts! When Sex is Painful.](#)

vajazzle or vajazzling—applying crystals, jewels, rhinestones or sequins between the naval and the labia with eyelash glue, latex or spirit gum.

VANILLA SEX—how some people describe sex that doesn't include kink.

VARICOCELE—clump of varicose veins in the scrotum. This causes a swelling in the top and back of the testicle, resulting in a warmer scrotum which isn't good for sperm production. In 85% of cases, it occurs in the left testicle and is the leading cause of infertility in men. See [Chapter 9. Balls, Balls, Balls.](#)

VASECTOMY—snip, snip.

VERSATILE—in apps and ads, it's a term that means goes both ways or bisexual. Among gay men, it means you are okay to be either a top or a bottom during anal sex.

VERTICAL REENTRY—an important surfing trick that involves coming out of the wave and doing a skateboard-like maneuver to get back in. A similar maneuver is used during intercourse when a guy or his partner pulls out too far.

VIBRATOR—electrical device that makes some women smile.

VIBRATING SLEEVE—soft, tubelike device for male masturbation that has a vibrator attached to the end.

VIOLET WAND—a tame version of a cattle prod or taser used in BDSM play.

VIRGINITY PLEDGE—a promise to not have vaginal intercourse before marriage. While no person who has taken a virginity pledge has ever broken it, why not keep condoms handy just in case you are the first?

VISIBLE PANTY LINE (VPL)—when the edges of a woman's panties show through pants, dresses, or skirts. Considered by women to be a female fashion felony, but most men are okay with it.

VISIBLE PENIS LINE—when you can see the outline of a guy's penis through his pants, swim suit or underwear.

VOYEUR—person who enjoys watching people undressing or having sex.

VOYEUR'S ROOM—swinger's equivalent of the observation tower. A room with mattresses where some have sex for show, and others watch.

VULVA—the external female genitals, includes the mons pubis, clitoral hood and glans of the clitoris, inner and outer lips, and the opening of the vagina. It is what you see when a naked woman spreads her legs. People often say vagina when they are referring to the vulva. See [Chapter 11. What's Inside a Girl?](#).

VULVAR VESTIBULITIS—a form of pelvic pain where the pain or discomfort is localized to the vulvar vestibule, which is the part of the vulva that's between the inner lips. Can result from a number of causes, including the use of oral contraceptives.

VULVODYNIA—female genital pain of an unexplained origin that can

include a chronic burning or knife-like pain. This disorder is very complex and can be challenging to treat. Most healthcare providers throw their hands up in despair, which means the patient will need to do a great deal of research and find a specialist who works with female pelvic pain. See [Chapter 48. Damn That Hurts! When Sex is Painful](#).

VULVITIS—an inflammation of the vulva. There can be as many causes as there are vulvas. Women with vulvitis will need to be vigilant in doing research and must try to find a helpful gynecologist.

WAD—male ejaculate; semen. See [Chapter 6. Semen Confidential](#).

WAISTBAND TUCK—a maneuver that a male makes when he is trying to hide an unwanted erection. He puts his hands in his pockets and nudges the rogue erection under the waistband of his briefs or boxers. The hope is that the waistband will hold it against his abdomen when it can be successfully covered with an untucked shirt.

WALK OF SHAME—when a woman walks back to where she lives in the morning after having had casual sex, wearing the same clothes she wore the night before, with her panties in her purse, trying to avoid eye contact or trying to avoid the light of the early morning because she's hung over. However, if this same woman were a guy, he'd be high-fiving his friends and it would be called the Stride of Pride.

WAKING WITH A HARD-ON—during REM (dream) sleep, males usually get erections and female genitals swell and lubricate. Since we have a much greater proportion of REM sleep toward the morning, men frequently wake up with REM-related erections. Also, males might awaken with elevated levels of testosterone in their blood. While this doesn't necessarily make them hornier, it is possible that it contributes to morning erections; aka morning glory.

WANK—UK term for masturbation. Has many uses, such as, "I'm desperate for a wank," "I don't give a wank!" or "The instructor kept wanking on about Marxist theory until the entire class nodded off."

WANKER—an insult, meaning someone is being lazy, a jerk or a tosser. "Go suck on a pig's nose, you little wanker!"

WANK MAGS—UK term for porn; a stash of porn is a wank bank.

WATER SPORTS—a form of sex where you don't use a toilet when you need to pee; see golden showers.

WEBCAM—given how popular it became to watch people having sex on webcams, you would think the webcam would have been invented by voyeurs. Not so. According to Will Judy, the first webcam was built in 1993 by Cambridge University computer science students who didn't want to walk several flights of stairs to see if there was coffee in the building's only coffee maker. So they devised a cam that allowed them to spy on the coffee pot from any terminal in the building.

WET DREAM—sex dream; isn't a totally accurate term because it's not unusual for people to have orgasms in their sleep without ejaculating.

WET SPOT—a wet patch on the sheets or mattress caused by a mixture of male and female sexual fluids. Couples sometimes go through complex negotiations to determine who has to sleep on the side of the bed with the wet spot.

WHISKEY DICK—when a male has too much to drink and can't get it up as a result. Researchers now believe it takes more alcohol to cause whiskey dick than was previously thought.

WOOD—an erection. “How did Pinocchio find out he was made of wood? His hand caught fire,” from Hunter S. Thompson.

YEAST INFECTIONS—fungi (yeast) that live in warm, wet places such as inside vaginas, between toes and sometimes in the folds of your skin. When nature's system of checks and balances get out of whack, yeast infections can occur.

YIFF—a term that furries or members of the furry community use when referring to sex between furries. Some say that yiff is the sound made by mating arctic foxes, others say it stands for Young Incredibly Fuckable Furry. It can refer to sex that two furries have when dressed up in furry regalia, or it can be a general term referring to anything having to do with sex. Usage can range from “Wanna yiff?” or “I'm feeling yiffy” to “He's very hot, definitely a yiff.” See furry.



The End
